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THE PHRENOLOGICAL JOURNAL

AND

SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

PHRENOLOGICAL MAGAZINE (1880)

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JANUARY, 1904

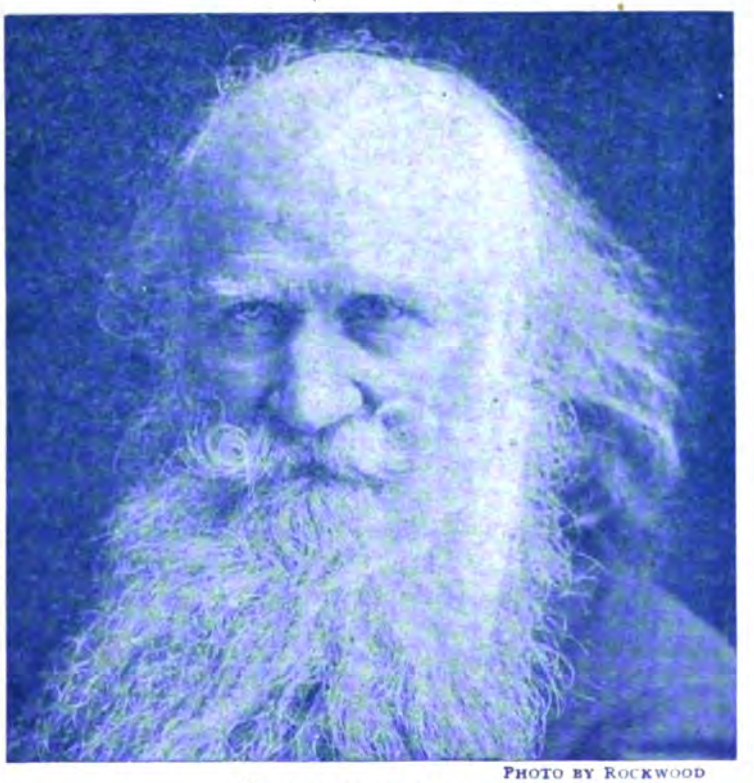


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AN INTERNATIONAL MAGAZINE ON MENTAL SCIENCE, HEALTH, AND HYGIENE

CONTENTS FOR JANUARY, 1904

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		PAGE
I.	**Character-Sketch of Joaquin Miller.** By J. A. Fowler. Illustrated	1
II.	**Practical Psychology**	5
III.	**The Secret of the Greatness of Moses.** By Rev. C. E. MacGinness, A.M.	7
IV.	**New Year.** Poem. By Margaret Isabel Cox	8
V.	**People Talked About.** The late Rev. M. D. Babcock, Rev. Wm. R. Richards, and Rev. Henry Van Dyke, by J. A. Fowler, and Marx, by Prof. J. M. Fitzgerald. Illustrated	9
VI.	**Exercises for January.** By Captain Jack McDonald	15
VII.	**Science of Health.** Science and the Bible, by Dr. E. P. Miller. Food, by Charles H. Shepard, M.D. Domestic Dangers, by Julia Colman	16
VIII.	**Phrenology in Detective Work.** A true story. By N. A. Clapp	22
IX.	**Psychology of Childhood.** By Uncle Joe. At Bedtime. The Child's Part (I.). Number 620. Fred J. Paine, Pomona, Cal. Suggestions for Mothers	24
X.	**The American Institute of Phrenology**	27
XI.	**Editorials.** The New Year. The Psychology of Honesty versus Conventional Lies	29
XII.	**Reviews**	31
XIII.	**To New Subscribers**	32
XIV.	**The American Institute of Phrenology**—Continued from page 28	33
XV.	**Field Notes**	34
XVI.	**Fowler Institute, London**	34
XVII.	**Our Correspondents.** See Publishers' Department.	

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VOL. 117—NO. 1] JANUARY, 1904 [WHOLE NO. 781

Joaquin Miller,

THE AUTHOR OF THE "SONGS OF THE SIERRAS."

BRIEF ANALYSIS OF HIS CHARACTER.

To give the real name of Joaquin Miller would be to print one that is quite unfamiliar to the majority of those who admire his poetry, but legally his name is Cincinnatus Hiner Miller, and he has simply taken Joaquin as his pen name. Although he has written ten books, which are highly appreciated in England as well as in America, he is generally known as "the poet of the Sierras," those songs being published in London in 1870, when he was in England. There he was heralded as an American poet second only to Poe, and he then considered the name, "Joaquin," better fitted to the wild, free life of the book than his own name. He was born in the Wabash district of Indiana, in 1841, and when only thirteen was taken by his parents to Oregon, where his outdoor life, the close companionship with nature, and the trials and privations of pioneer living were environments that did much to mold, form, and develop his character and intensify his imagination. His life has by no means been a smooth one, having lived in the region of mining—which he took up at one time, and then tried his hand at editing a paper. Besides mining and editing, he made fair success as a lawyer, and was appointed judge. Probably he would have succeeded admirably in this profession, had he decided to remain in it, but he had no play for his imagination in such work, and therefore dropped it for larger thoughts of nature and life, which soon dominated his whole spirit.

Perhaps nothing shows the ruggedness of his character more than his building of a house on the top of one of the crags of the steep Contra Costa hills, a few miles back of Oakland, California. He calls it "The Heights," and very appropriately so, for it is perched on the rocks like an eagle's eyrie. He calls this home his paradise, as he is dearly attached to it, and there his mind has full opportunity to enlarge and expand itself at free will.

The head of the poet indicates that he is a lover of nature, a man of large ideas, with a passionate love of freedom and immunity from the conventionalities of society. The spot where he has built his home is verily an ideal

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one, and he has succeeded in performing almost a miracle in erecting his castle on this crag, for it is a point so high that when once asked how to reach his house, he said: "Climb, climb, climb, as if climbing for the north star." When he went to the spot, he found the rock a wilderness, but he has succeeded in transforming it into a beautiful garden of roses. He has found that springs would gush forth from the earth by searching for them, and modern irrigation has made the peak bloom as if by the touch of some fairy wand.

Mr. Miller has also succeeded in building quite a little colony of houses here. In one of them, of course, the poet himself lives; and although in his sixty-fourth year, he is strong, erect, active, and almost as nimble as a boy. In another of the cottages, said to be the prettiest of them all, lives the poet's mother, whose eighty-seven years have not lessened her interest in the life around her. There is great reciprocity between the mother and son, and he always calls her "My Queen," and the love and homage he pays her show how tender and beautiful are his thoughts concerning her, which characteristics are in wonderful contrast to the experience that has toughened his nature.

His favorite daughter, Miss Maud Miller, lives in another of the cottages,

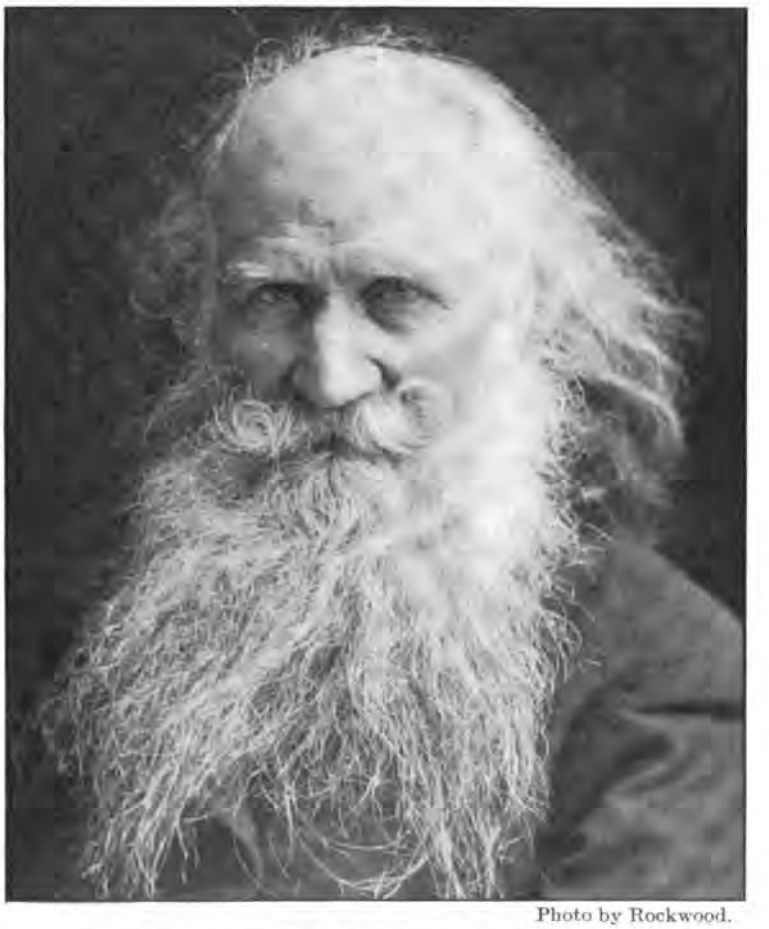


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FRONT VIEW.—JOAQUIN MILLER, POET OF THE SIERRAS.

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which she seems to enjoy as much as her father does his, and shows the family desire for privacy.

CONTOUR OF HEAD.

The outline of the head of "Joaquin Miller" is a strongly marked one. No one who was a student of character could fail to pass such a massive head without stopping to look, for a moment, at his forceful personality. Take the profile photograph, for instance. The brow is overshadowing in its extent, and shows great observation and capacity to really look at things, not merely from idle curiosity, but with the object to see definitely what is before him. His brow indicates that he looks at everything as though he possessed a magnifying-glass or a telescope, for he is anxious to secure for himself definiteness of detail and accuracy of the reality of things.

REFLECTIVE MIND.

The second point of interest in his outline of head shows itself in his large reflective faculties. The forehead resembles very strongly that of Bryant, for in his outline, it will be remembered, there was a decided fullness of intellect, both in the perceptive and reflective qualities, he is a Darwin and Spencer combined. Through the faculties of this region of the head he shows that marvelous capacity for thought, judgment, reflection, which manifest themselves in a



Photo by Rockwood.

PROFILE.—JOAQUIN MILLER, POET OF THE SIERRAS.

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wonderful degree. No subject in which he becomes interested is treated by him in a light, indifferent way; in fact, he is attuned to deep meditation, and when he becomes absorbed in thought, in his lofty castle, he must feel near the Great Architect of the universe, and his mind becomes inspired to think, work, and dwell on the higher planes of poetry.

The next tour of inspection that we must make, in relation to his outline of head, is in the moral region. His head is high from the opening of the ear to the organs of Veneration, Benevolence, Firmness, Hope, and Spirituality, consequently we expect that a mind like this is capable of appreciating the higher lines of thought and of soaring into the ethical aspect of poetry and adoration for nature. He is a firm, positive, tenacious, persevering man, not one who can easily change his views or turn aside from deep-laid plans. He will take considerable thought in laying out his work before he commits himself, but when he has once given himself to any subject, he is whole-hearted, thorough, and inclined to follow it to its end, whatever the consequences may be. He is a man, too, who will overcome what few men are willing to encounter, and on this account we judge the ruggedness of his character is particularly manifested in the almost extreme development of Independence—which characteristic has accentuated the crown of his head, or at least shows prominently developed in that region.

STRENGTH OF CHARACTER.

He is a man of indomitable courage, and this he must have shown all his life. The posterior region manifests itself through his love nature, his strong attachment to his friends, and his devotedness to those he has tried and not found wanting. If we will take a tour of inspection around to the lateral portion of the head, and notice the breadth in the temples and just above them, we shall be surrounded with those powers that give to his mind his keen love of art, his sense of the sublime and wonderful in Nature, his refined tastes, and his love of perfection.

He is a keen critic; in fact, a microscopic one. He thoroughly enjoys a good joke, and gets as much wit and humor out of life as most people, and a little more than some persons indulge in. He would make an excellent expert in looking through manuscript, in seeing the appropriateness of thought as it is expressed by the writer; thus, as an interviewer, intellectual expert, and man of letters, he could excel. Few men have the grandeur of expression or the depth of thought that he shows, consequently few will be able to approach him in his particular line of work.

HIS FEATURES.

His features are indicative of great strength of mind. The nose, particularly, has a masterly bridge to it and wide, sweeping wings, around which curve the lines of hospitality. The eyes are keen and penetrating; the hair is white, thin, and silky; but there appears to be vigor, strength, and endurance left for many a year yet.

The Mental Temperament strongly predominates. His head is massive, and above the average in quality, tone, and texture. The constitutional elements are of a positive nature, and he possesses a good hold on life, thus should live to a respectable old age. He has the tenacity of the Puritan fathers in his organization, and is patriarchal in experience and in his personal appearance and magnetism.

J. A. FOWLER.

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Practical-Psychology.*

THE CORRELATION BETWEEN PSYCHOLOGY AND PHRENOLOGY.

Psychology, it is said, is the science of mind, or the science which describes and classifies and explains all mental operations; or, "Psychology is our general knowledge of mind reduced to an accurate and scientific form." It is considered a natural science, just as Physiology and Chemistry are natural sciences. The chemist revolves compounds into their elements; the anatomist dissects the body into simple tissues; the Psychologist dissects mental phenomena into elementary states of consciousness; while the Phrenologist localizes the brain functions more exactly than any other science.

Psychology is the science of consciousness. Consciousness is the general name for all forms of mental operations; thus when we use the word consciousness in connection with Psychology we shall be understood as meaning to convey that thought which expresses in the most general way the various manifestations of mental life. It consists of a continuous current of sensations, ideas, volitions, and feelings, as Ribot has explained. "Psychology also classifies the degree of abstraction and apperception, each mental act being made up of one or the other, the first being sensation, the second, apperception. The main basis of Psychology has always been introspection, while Phrenology takes for her basis the relative proportion, size, and configuration of the brain and skull, not merely the observation and measurements of the skull alone, but the classification of brains as well, their weight and proportionate size.

When comparing Psychology and Phrenology, we realize that the former is abstract in its method of reasoning, while the latter is practical. The one is subjective, the other objective, thus the one is philosophic, and the other is scientific. The one is based on deduction, the other on induction. Each is of use to the other, and neither should be studied without the other. Both are aiming at the same point, and therefore should be used together. Psychology states that the mental powers are divided into intellect, emotions, and will. Phrenology states that man has been given various powers of mind, and that these have their location in various segments of the brain, each having its definite nerve center.

Psychologists use the term faculty, but with no definiteness of location, although Sully says, in his "Teacher's Handbook of Psychology,"† "since the brain is a complicated group of structures, it is reasonable to suppose that different regions are specially engaged in different kinds of mental activity."

This is what Dr. Gall expounded as his theory of mental science, and one might be led to believe that Sully actually believed that different regions of the brain structure "are specially engaged in different kinds of mental activity," according to the principles of Phrenology, but if we read further, we find the same writer states, "modern science, while rejecting the definite mapping out of the brain functions proposed by the Phrenologists, is distinctly tending toward a new and verified theory of localization of function."

If he refers here to the experiments that have been made by scientists through the aid of electroids upon the brains of animals, he is right in supposing that a careful verified theory of localizaton of function is being established, and perhaps unwittingly scientists are preparing the way for an ac-

*Digest of a chapter of a new work on "Practical Psychology" now in the Press.

†Page 39.

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ceptance of Gall's localizations, more especially when we find that the two correspond. Although Psychology is necessary to education, because all teachers are directly concerned with the development of children's minds, yet Psychologists distinctly explain that their philosophy "can only tell us what are the general characters of mind and point out the best way of dealing with it in its general features and broad outlines."

It can not, as Phrenology is able to do, acquaint us with the manifold diversity of intelligence and disposition, or suggest the right modifications of our educational processes to suit these variations. Accordingly, the educator will always need to supplement his general study of mind by the careful observation of the individual minds which he is called upon to deal with, so as to properly vary and adapt his methods of teaching from discipline."

TWO FACTORS NECESSARY TO PROVE EVERY THEORY.

In order to prove that a theory is based on solid principles, we must have two factors, namely (1) empirical observation; (2) scientific experiment. Nothing short of this can sustain us in our arguments for or against any subject. By empirical knowledge we mean that kind derived from unrevised experience and observation. By scientific knowledge we mean the outcome of those processes of revision of extension of every-day knowledge which make up the work of science, such as experiments of all kinds made with regularity and precision, with or without electroids, but experiments which can be duplicated in thousands of cases.

The former is based on a narrow range of observation, and is liable to be inexact. The latter is based on a wide survey of facts and on accurate processes of observation and experiment. Thus empirical observation consists mainly of propositions which have only a limited scope and are not always universally true, while scientific knowledge and experiments are made up of propositions of wide comprehensiveness and universal validity known as principles and laws. The use, therefore, of these two factors is important to the establishment of science. Empirical observations and generalizations are necessary, for science alone could never have taught men "the best way to till the ground, to obtain metal from the soil, to carry out any other set of industrial operations," or to make practical the science of mind, while the use of scientific principles is to supplement, interpret, and reinsert, correct empirical knowledge, and by these means the teaching of practical experience is rendered more precise and certain. We must have an art for science to express itself through, while art in itself is nothing unless it is based upon scientific principles. Sully speaks of the art of surgery as requiring the aid of scientific reflection on the nature of wounds and on the natural process of healing. Such deductions must be verified by actual experiments before they can take their place within the assured page of knowledge making up the theory of the subject.

Phrenology has been proved to be true from empirical observation and scientific experiment (1) by the most rigid tests; (2) by means of large collections of skulls and casts of heads of men and women remarkable for some special mental faculty; (3) by observations and measurements of thousands of living persons; (4) by the correspondence of form with function, which was first suspected, then confirmed, and finally demonstrated by the comparison of the heads of individuals of every age, both in health and disease, and under the most varied conditions of education and environment, as Alfred Russell Wallace has graphically stated in his work, "The Wonderful Century."

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The Secret of the Greatness of Moses. (1)

In an able address delivered before the graduating class of the Whitehall High School, New York, a very striking analysis of Moses was given by the Rev. C. E. MacGinness, A. M., which we think will prove to be interesting to our readers. We will, therefore, make some extracts from this able address. Rev. C. E. MacGinness said:

"It is not every man who is great, either in speech or in action, to say nothing of being mighty in both; but Moses was. Not eloquent, by his own confession; of course not. Where two pounds pressure will open the safety-valve you will never find a hundred pounds behind the piston. Had he been glib, the world would never have heard of him; or, if it had, it would have despised him. A ground wire will rob a dozen batteries, all unheard; it is accumulations of lightning that cleave the clouds and shake the earth.

"He was meek, i. e., there was plenty of lightning in his blood to be controlled, and it was controlled. Only once did it leak its insulation through his lips, and perhaps once through his fist, though the Bible overlooks that. He was only forty then, and had still forty years of schooling before him. While that one slip caused him to fall short of his own hope by one step, it did not prevent his fame from filling the earth.

"He could hold his tongue in as many languages as he knew. He was master of silence; and the result is, that after five-and-thirty centuries his fame is in all the earth, as one who was great—yea, mighty in words!

"What a master-piece his farewell address! 'Give ear, O ye heavens, and I will speak; and hear, O earth, the words of my mouth. My doctrine shall drop as the rain; my speech shall distill as the dew.' Master of silence, mighty in words, I bid you hear him when he speaks.

"Lincoln gave liberty to millions of slaves; Washington made a number of incoherent colonies and nations; Columbus discovered a continent; Jefferson suggested and penned a Declaration of Independence. Had these men done nothing else, a single deed would have enrolled them among the immortal great; for founding a religion, even a poor one, Buddha and Mohammed are remembered. Mighty in deeds, Moses matched them all. He emancipated millions who had been enslaved, and made them a nation. He led them to the gateway of a country. He gave them a constitution and a religion. He conducted a school in the wilderness, in which tuition was free; attendance, compulsory; the course, forty years; the graduates, who took it all, two—Joshua and Caleb. A severe curriculum, but justified by his high purpose, not to conquer Egypt, but to train an undisciplined race for the discipline of the moral law. Before a faith so noble, far-sighted, and energetic, Egyptian courage failed, and the movement in behalf of human dignity and liberty was blessed for those who understood it and for the human race. The moral law is to be remembered among his works rather than among his words. It reflects heaven and earth. Such a monument is it of insight and genius that one might call it an abridged republication of the law engraved by the Creator on the heart. This is the secret of its self-attesting majesty. About it there is no smell of the lamp; simple flashes of sunlight. His five books of condensed ancient history, pedigrees, memoranda, songs, and narratives, evidence and suitably head the triumphal procession of books which, by the consent of milleniums, have taken their place in the world's Sacred Volume.

"Every incident in his life is the common property of mankind. From the romantic art and princes to his mysterious burial, without human wit-

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nesses or the touch of human hands. His one hundred and twenty years fall into three equal periods of (1) learning, (2) contemplation, (3) and action.

HIS BIRTH.

"Born a peasant, educated a prince; forty years of a brilliant and refined life of the Egyptian Court; a tradition of fame for hurling Egyptian armies against Egypt's foe; an offer of adoption, with the prize of probable succession to the throne of the Pharaohs. He refused. He had learned much; there was much yet to learn. He had enjoyed much, but other things were ahead. Fortune had offered a crown; destiny had greater things in store.

HIS EXPERIENCE.

With violence, he breaks away and enters upon the second period of his life. He exchanges the Nile Valley for Arabia, where Nature wears her wildest and bleakest forms, among awful precipices and lonely valleys in solitude he ponders. He is in the desert—so still that Heaven's voices reach him; so plain, that the jeweled sky impresses him. His soul is stirred by the mingled voice of the Eternal and the groans of his oppressed kindred. Reluctantly, but with finality, he accepts this highest of all commissions, and enters upon the third period of his life.

ACTION.

"The burden of his eighty years are but the preparation for his arduous action. He is calm now; no sudden fit of reform spirit will strike down a labor foreman in his blood. When he strikes, you will see the throne of the Pharaohs rock from side to side. Disinterested, patient, a man of massive energy and easy ascendancy over thousands who know no law; and, though his task was nothing short of Herculean, the innumerable obstacles that confronted him, requiring Titanic energy of will, together with infinite patience and faith, yet it is the achievement of this very task that has given him a greatness that is permanent and whose colossal dimensions defied the diminishing perspective of years. To his contemporaries, the man Moses was very great. Look back through the vista of fifteen centuries, he was, as Stephen says, 'mighty in words and in deeds.' Five-and-thirty centuries but enhance his stature. Sweep the entire horizon of history, and massive and grand in confessed superiority tower his genius and achievement.

"Above the inspiration of such a life, and aside from its substantial bequests that have made the world better, it has this value: It shows the same elements that enter into all lives, and on such a scale that we can study them without either microscope or imagination. It were a daring task to attempt to name all. It is safer to make virtue even of the dulness of ordinary vision, and mention only those that cannot escape even the common eye.

NEW YEAR.

By MARGARET ISABEL COX.

I ask not, New Year, laurel wreath nor crest,
Nor scepter-way o'er thy domain of days.
The throne of place and power is not best
If it be gift, not won. The beauteous ways
Of pleasantness I do not choose, New Year,
Nor would I sek to climb yon mountain height
If in the vale some wearied soul might hear
The song I sing. New Year, I ask for might
And scepter over Self; that I may go
My quiet way with joy, where'er it be,
The song of hope and faith and love may know.
This one gift, New Year, do I ask of thee.

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People Talked About.

DR. VAN DYKE, THE LATE DR. MALTBIE D. BABCOCK, AND DR. RICHARDS.

Whether we will or not, we are constantly comparing the past with the present, and as we look at the photograph of Dr. Richards we cannot help but take a retrospective glance at his predecessors of the Brick Church, Fifth Avenue—the Rev. Maltbie Davenport Babcock, D. D., who in his turn was a successor to the Rev. Dr. Van Dyke, who now fills a Chair of Literature in Princeton University. What a fine chain of intellect is represented in these gentlemen!



Photo by Rockwood.

THE LATE DR. MALTBIE D. BABCOCK.

Dr. Van Dyke is scholarly and refined, and the same characteristics applied to the late Dr. Babcock; and, as though a successor was designed and planned to fill his place, we find in Dr. Richards a man with a forceful personality, second to none in the strong Presbyterian body.

DR. BABCOCK.

When alive, Dr. Babcock once supplied the place announced to be filled by Paterson Du Bois, who was to lecture on "Child Study." As the lec-

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turer did not appear, Dr. Babcock rose to the emergency and gave an informal chat on principles that should be carried out in child culture. As his ideas, then expressed, give a good idea of the practical bearing of his mind, we give them here. He said, in part: "The tendency of the human mind is to embody everything, and children display this tendency from the earliest age. A child I know sang,

"'A crown upon my forehead,
A 'Harper' in my hand.'

A 'Harper' carried no suggestion to her mind, but she knew what the magazine was and adopted that as the object to be carried."

Dr. Babcock said that to be intelligible to children one must be content to repeat the statement many times; or, as some Mrs. Partington expressed it, to "make the statement, and then re-irritate it over and over." The teacher's and parent's first business in talking to the children, is to be sure that the explanations explain. "Use simple words. Don't talk about the subjective and the objective. Such words have no right in respectable society. Try to be lucid rather than learned."



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THE SPHINX.

From "Letters from Egypt and Palestine."

Figurative language always impresses children. Dr. Babcock said: "All language is figurative. Almost every word, if traced back to its origin, presents a figure whose meaning has become inherent. The child's mind is struck by a picture, and holds the idea conveyed, when no mere statement would avail to impress him. Lucidity grows from clear, concise figures. And do not say, 'Now, children, I am going to illustrate.' Do it! The illustration will have vastly more impressiveness."

He emphasized the necessity for creating the atmosphere desired, and said:

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"Create an atmosphere of appreciation of life, not depreciation. Train them to look for the beautiful and good, instead of the ugly and evil. There is much to commend in the attitude of the sweet old lady, to whom someone said: 'I believe you could find something nice to say of the devil!' The old lady answered, thoughtfully: 'Why, do you know, I always have thought he has a deal of perseverance.'"

Another point emphasized by the speaker was the lack of wisdom in forcing children to remember unimportant things. "Make memoranda for their errands," he said. "Don't worry them with a paper of pins and a roll of braid. Train them, rather, to the memorizing of essentials. Try to discriminate between the things that are really worth while and the trifles."

His mind was singularly cultured and witty. His "Letters from Egypt and Palestine," published by Charles Scribner's Sons, are full of the ripeness of his intellect. Instead of being simple letters of travel, they are full of deep thought, though written under circumstances that were particularly difficult, as the party of which he was a member traveled rapidly from one point of interest to another. His mind was a clear-cut one, and fortunate indeed is the Brick Church in securing as its presiding genius the Rev. William R. Richards.

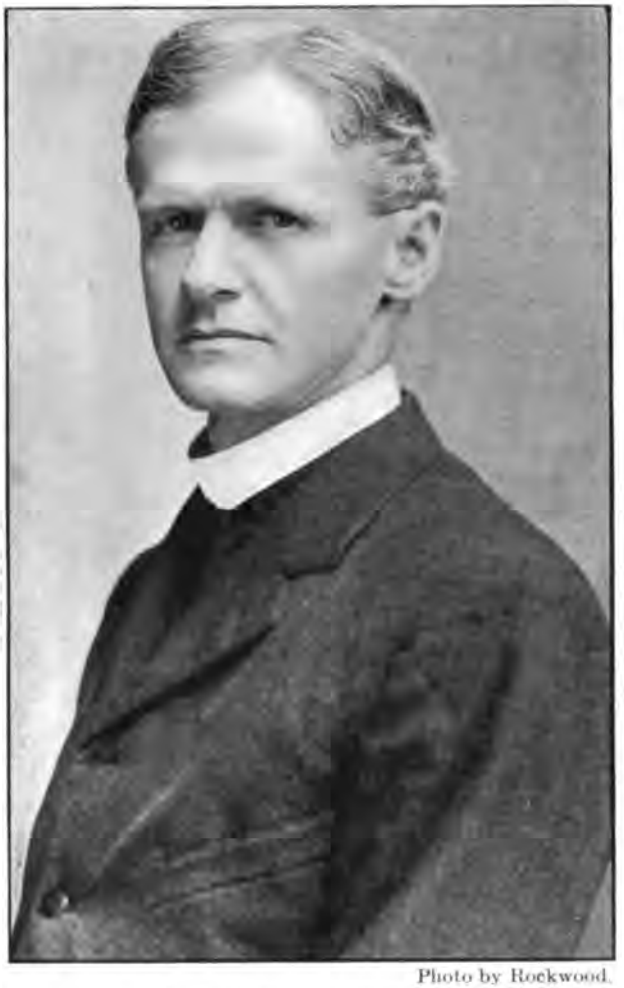


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DR. WILLIAM R. RICHARDS.

The Rev. W. R. Richards was pastor of the Crescent Avenue Presbyterian Church, of Plainfield, N. J., and when his name was being considered fifty per cent. of the congregation were present, and the Rev. Dr. Henry Van Dyke presided.

Dr. Van Dyke said Dr. Richards possessed a strong personality, was attractive to the young, a favorite preacher in theological seminaries, a courteous gentleman, and a splendid preacher. He is a graduate of Yale; and, it is said, has declined many calls to pulpits in larger cities and at larger salaries. He was mentioned at one time for the presidency of Yale, prior to the election of Dr. Hadley. At the time of the famous Briggs controversy it was said that Dr. Richards was among that clergyman's supporters, although he took no active part in the affair.

He is a man of singular purity of thought and power as a preacher, capable of elevating every one who listens to his utterances; and few persons are better able to intuitively understand the bearing, the character, the hunger, of each individual worshiper that constitutes his congregation, than he.

His basilar brain simply stimulates the exercise of his moral qualities. There is no display of selfishness; in fact, he is a man who singularly forgets his own identity when he is pleading for a cause. He does not leave his hearers with any uncertain idea concerning the subject he treats. There is no ambiguity, no straining to mystify, but he has a logical way of interpreting every abstruse subject that he wishes to expound. Intensity

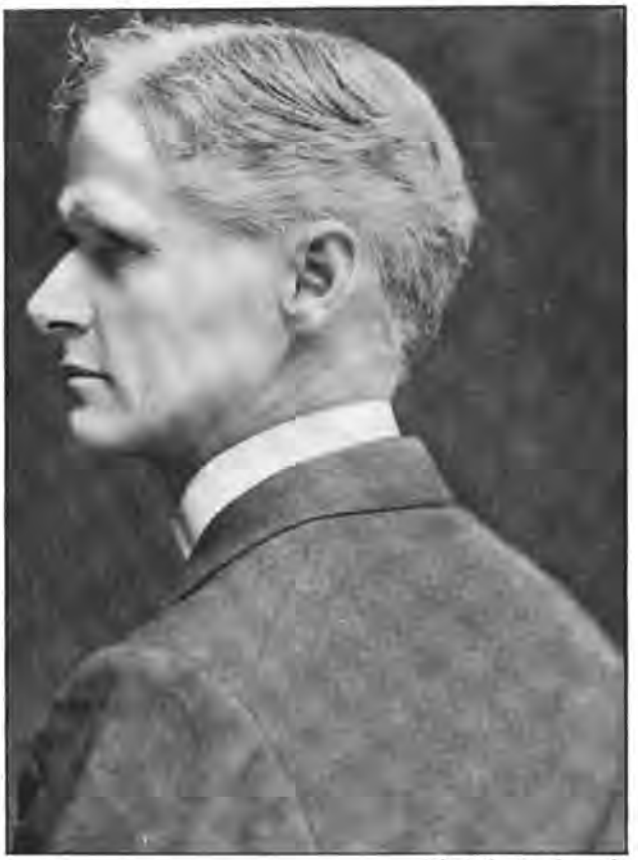


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of sympathy is another striking characteristic of his personality. Another is tenderness, combined with firmness. Thus, he is master all along the line of religious controversy. He is not a man to waste many words, but speaks right to the point, and is able to convince and, at the same time, to persuade others of his logic. He is a man who knows what self-denial is, yet a person of great individuality of character, and one who unites the Motive with the Mental Temperament. No adipose tissue gets in his way, and consequently he has not a particle of laziness in his nature. To economize time, thought, and influence is a great object of his; thus he should succeed in drawing together the ties of affection of his people and link them with deep spiritual thought. He is not a man with a loud-sounding trumpet, nor does he proclaim himself as an Elijah, nor lay down the law in an offensively stringent manner; but, instead of this, he is an intensely practical man, and one who is calculated to do an immense amount of good in the world.

Before the election, in November, the Rev. Dr. Richards recently said: "At this election just one question has been set before us. Try as men will, it has been impossible to obscure this question. Do we wish to put the government of this city in the hands of men whose one idea of politics is money—money for themselves and money for their friends? These men have no idea of what honor means, and they are so steeped in wickedness that they have even come to buy and sell the purity of woman. I call no names, but every sane man knows that this is the one issue. Even the little children in the street know it, and the whole world is watching to see if it is possible for a great American city to purify its municipal politics from the corruption of mercenaries."



Photo by Rockwood.

DR. VAN DYKE.

Remarkable for his Keen Intellectual Insight, his Broad Sympathies and his Originality of Mind.

This quotation shows that Dr. Richards has worked the contest down to a fine point, and every one, as he says, knows and sees the fact.

That he will be known for his clearness of intellect, his breadth of mind, his sympathy of heart, his unselfish desires to do good, and his masterly way of using language, is our full belief.

J. A. Fowler.

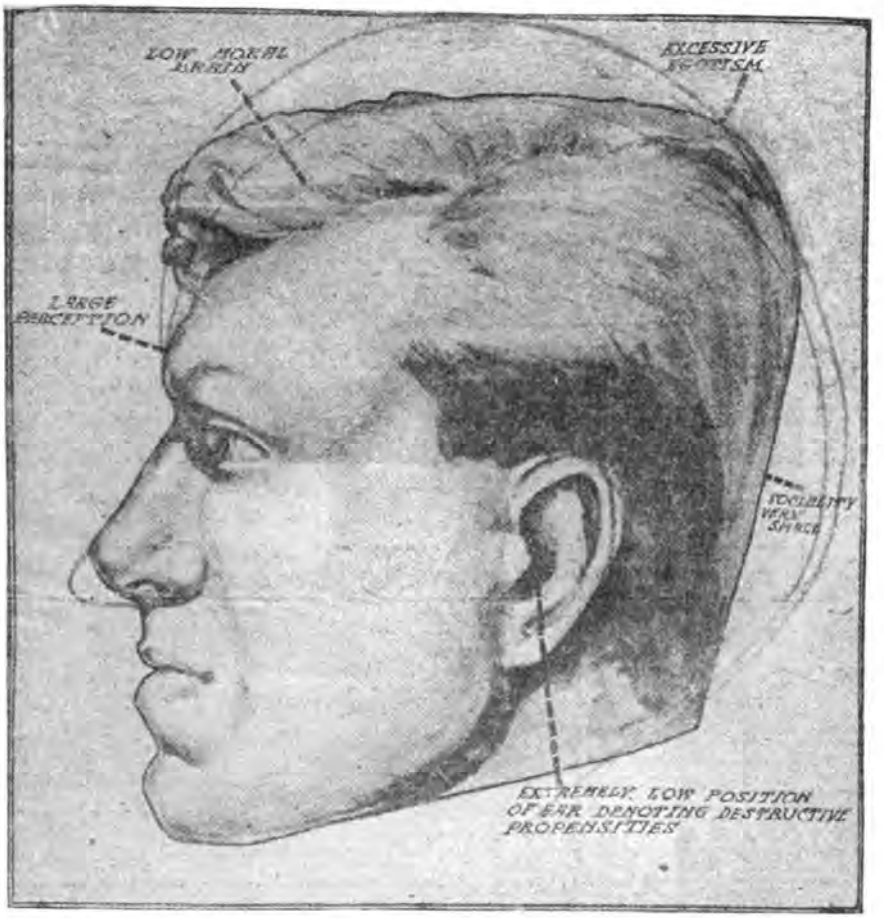
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AN EXPERT'S OPINION ON THE MENTALITY OF MARX, THE SELF-CONFESSED MURDERER AND HIGHWAYMAN.

By Professor J. M. Fitzgerald.

At the request of the *Inter-Ocean*, and accompanied by a staff artist, I went to the police station to make a character study of the head and face of Gustav Marx, the murderer of Detective Quinn and the confessed



associate in the car-barn robbery and murders.

In the study of criminals we find as many different types of men as there are distinct kinds of crime; and, as the foregoing cases are among the most daring, cold-blooded, and wantonly savage that have ever been recorded in Chicago, it naturally follows that much intellectual curiosity has been aroused as to the physical appearance and mentality of the prisoner Marx. I must confess that in the study of thousands of men I have never seen one who was of such a pronounced type of the "Dare-Devil Dick" sort—the deliberate, merciless desperado.

Not a word representative of social or moral feeling or emotion escaped his cold, cruel lips during one hour's interview, though we did our best to bring out, if possible, some word of regret, a sigh of remorse, or an expression of sympathy for his family, or for those whom his monstrous actions have injured or slain. He is a moral and social idiot.

Since the brain is the seat of all emotion, feeling, will, and intelligence, let us go to headquarters to size him up. He possesses what would be termed a long head, rather than a broad one. His brain is very long

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from the ear forward to the eyebrows, but extremely short in the back brain, wherein are located the social faculties, the domestic affections. These are a negative quality in Marx's character. With but little love in his nature, human life never appeals to him as a sacred thing or a glorious privilege. As he said in speaking of his taking chances in shooting people, "A fellow can die but once, and he has to die sometime, doesn't he?"

The brain immediately over the eyes gives perception of physical things, and he is immensely developed at this point. He has the eye of an eagle in measuring distance, in taking in a rapid and accurate calculation of mere physical proportion.

His upper forehead is of fair proportions, strong enough to think and plan along the purely materialistic and animal lines, but too feeble to think seriously of the consequences of human action and human obligations. The moral faculties, located just upward and slightly backward of the upper forehead, are infantile in their grasp of respect, piety, and benevolence.

His skull gradually rises toward the crown until here is the summit of his glory—love of notoriety. He would talk for hours upon his prowess as a robber and slayer; with a gleam in his cold, cat-like eye that truly portrays his satanic spirit. His ear is located very low down, the auditory opening being almost on a line with the tip of his nose. This clearly proves that the base of the brain is very large; hence he possesses a destructive propensity.

His face is characterless in so far as anything gentle, noble, lovable, or kind is concerned. He has neither eyes nor mouth to commend him. The former are of the cat-like sort and the latter a mere slit in his face, with a cynical upper lip and a mere chunk of coarse flesh for an under lip. These are attached to strong jaws. His nose is of the Greek and bulldog type.—Forwarded by E. F. Crevy, class '98, Chicago.

EXERCISES FOR JANUARY.

By Captain Jack McDonald.

For the last twenty years I have been interested in the subject of Physical Culture for the individual man, woman, and child, and have written several pamphlets, which are now out of print, on the question of exercise for different degrees of strength. It is proposed that I summarize for the Phrenological Journal a number of simple and effective exercises that can be used by people of certain weights, and who possess certain measurements of head and body, thus uniting Phrenology and Physiology under one substantial head.

MOTIVE TEMPERAMENT.

(A.) A man weighing 150 pounds; height, 5 feet 8 inches; age, twenty-five years; circumference of head, 22 inches; height from ear to ear, 14½ inches; length, over top from the root of the nose to the occipital spine, 14 inches, should take the following exercises daily:

(1) Stand erect, hips firm, or hands on hips, knees stiff, head erect; (1) extend hands forward, palms upward, on hips; (2) extend to side, on hips; (3) over head stretch, on hips place; (4) down to side, stretch and hips place. Repeat this exercise in rhythmic counts twelve times, counting eight to each complete set of movements. Thus we take the forward stretch, hips; sideward stretch, hips; upward stretch, hips; and downward stretch, hips. The movements should begin with moderate energy and increase in speed until the individual has repeated the series up to ninety-six counts. When he has reached this figure he should lie down and rest five minutes, and repeat the above directions three times before going to bed.

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SCIENCE OF HEALTH

SCIENCE AND THE BIBLE.

By Dr. E. P. Miller.

There are many indications both in Scripture prophecy and in scientific discoveries that a definite solution of the great mystery of the origin and future destiny of human life is not very far from becoming known. A clear understanding of the "Science of Life," the science of the brain and body, will without doubt materially contribute to a solution of this mystery. So, also, will a correct understanding of the Word of God, the commands of God, the spirit of God, the mission of Jesus Christ and the spirit of Truth which he represented. Let us examine the subject from all these points of view and see what light we can find to aid in this solution. For what purpose we are born; why we get sick; why we die; and what is our destiny after death, let us inquire.

We must go back to the beginning of human history and examine all the evidence and testimony to be obtained from those who have gone before us, their experience, the investigations made by scientists, and then avail ourselves of all modern inventions and discoveries.

The Old Testament Scriptures probably contain the earliest and most correct history of the human race. Professor Dana, at the close of his great work on Geology, refers to the first chapter of Genesis as being thoroughly harmonious with the science of Geology, and says that both are true and divine. The first chapter of the Old Testament gives a description of the creation of Heaven and Earth. The last chapter describes God's judgment and punishment of the wicked. The first chapter of the New Testament gives the genealogy and birth of Jesus Christ; the last chapter tells of "The River and Tree of Life," and in it the spirit of Christ said "I am Alpha and Omega, the beginning and the end, the first and the last. Blessed are they that do his commandments that they may have right to the tree of life and may enter in through the gates into the city."

The first verse of the first chapter of Genesis reads: "In the beginning God created the heaven and the earth." When was the beginning? Some think it was about six thousand years ago; others think it may have been six million. Who but God knows? But who is God? What is he, and where does he dwell? The "Bible" tells us "God is spirit, and they that worship him must worship him in spirit and in truth." Again it says: "God is light and in him is no darkness at all." And again, "God is love; and he that dwelleth in love dwelleth in God, and God in him."

WHAT IS SPIRIT.

Spirit is that force or power that is directly the opposite to matter, and yet controls, and can create or annihilate matter so far as the human senses are concerned. The hardest granite, the toughest and strongest metals can, by fire, be converted into invisible gases that can neither be seen, heard or smelled, and by spirit power, in an instant of time, God possesses all power, all knowledge, all wisdom, all intelligence. He is omniscient and omnipresent. His home is in Heaven, where love, joy, peace, harmony, happiness and health reign, and where love, light and eternal life control all. As the four-and-twenty elders said: "Thou art

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worthy, O Lord, of glory and honor, and power, for thou hast created all things, and for thy pleasure they are and were created." Jeremiah (x. 12) says: "He hath made the earth by his power, he hath established the world by his wisdom, "and hath stretched out the heavens by his discretion."

To Isaiah (xliv. 24) he said: "I am the Lord that maketh all things; that stretcheth forth the Heavens alone that spreadeth abroad the earth by myself: that frustateth the tokens of the liars, and maketh diviners mad; that turneth wise men backward, and maketh their knowledge foolish; I form the light and create darkness: I make peace and create evil: I the Lord do all these things" (Isaiah xlv. 7).

Acts xvii. 24: "God made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands;" (25th), "Neither is worshipped with men's hands, as though he needed any thing, seeing that he giveth to all life and breath, and all things." (26th), "And hath made of one blood all nations of men for to dwell on all the face of the earth, and hath determined the times before appointed and the bounds of their habitation. (28th), "For in him we live, and move, and have our being; as certain of our own poets have said, for we are also his offspring."

Such, in brief, is given as to the nature and attributes of God as recorded in the Bible.

WHAT SCIENTISTS SAY ABOUT GOD.

The discoveries of science in regard to God corroborate the foregoing. Scientific men have recognized in nature a force or power or energy, which controls the formation of matter and molds its form and shape. By chemical and microscopical aid they have sought to find its beginning or origin. They have traced matter to an invisible molecule that is unrecognizable by any of the unaided human senses. If this does not prove it to be spirit it is so near spirit that it is next to impossible to point out the difference.

The great English scientist, Herbert Spencer, in an epitomized statement of his system of philosophy, wrote as follows: "That which persists unchanging in quantity, but ever changing in form, under these sensible appearances which the universe presents to us, transcends human knowledge and conception—is an unknown and unknowable power, which we are obliged to recognize as without limit in space and without beginning or end in time."

Again, the latest discovery of radium and helium has developed or brought to light a form of matter and a gas that is perhaps the nearest approach to spirit of anything hitherto known. It is said by scientists that a single grain of radium can throw off heat and light and force for a million of years, perhaps, without losing an atom of its substance. Within the last few weeks Sir William Ramsey, an English scientist, has announced that "in addition to its remarkable characteristics of giving off light and energy, it has been known for some time that radium constantly gives off that which seems to behave like a heavy gas, except that it is not permanent, for in about a month it disappears. In about forty-eight hours it began to show its characteristic speculæ of helium gas—a yellow line—which up to this discovery has only been found in the sun, where its presence is made known through the medium of the spectroscope." This radium and its constituent helium may be the connecting link between matter and spirit, of which the God of the Bible the Father, Son, and Holy Ghost have control.

WHAT THE SCRIPTURES SAY ABOUT CREATION.

Let us go back to Genesis. In the second verse we read: And the earth was without form and void; and darkness was upon the face of the deep. And the spirit of God moved upon the

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face of the waters. Astronomers claim that at one point of time in the past, all the planets in our solar system were in the sun and its rings, and that each planet in time was sent to its orbit and started on a mission of its own. The earth when ready was sent to its orbit, and after its arrival was covered with water upon which the spirit of God was moving in darkness. And God said, "Let there be light: and there was light. And God divided the light from the darkness, and called the light day and the darkness he called night. And the evening and the morning were the first day." That day seems to have been different from the days we now have, as ours is the morning and the evening. The light also was different from sunlight. The light probably came immediately it was ordered; and might have been electrical. If God is light, it could of course appear at once when God ordered.

The sixth verse of this first chapter of Genesis reads: "And God said let there be a firmament in the midst of the waters, and let it divide the waters from the waters (seventh). And God made the firmament and divided the waters which were under the firmament from the waters which were above the firmament, and it was so (eighth). And God called the firmament Heaven. And the evening and the morning were the second day."

The firmament here spoken of means, as we think, a firm foundation and applies to the continent of America, which came up out of the water, where it might have been for ages in process of development. There is abundance of evidence in the geological formation of America to show that for long periods the American continent was under water in which icebergs floated and various developments were going on to fit it for the purpose to which it is now being put. We hope to show farther on that the Garden of Eden was originally established on the American continent, and that Christ's second coming is to be here; that he is to appear among the Gentiles, the descendants of Japheth, father of the white race.

After God had made the firmament and called it Heaven, "God said: Let the waters under the heaven be gathered together unto one place, and let the dry land appear, and it was so." This was doubtless when the Eastern Hemisphere was brought up out of the water. "And God called the dry land Earth, and the gathering together of the water called he Seas. And God saw that it was good." The appearing of the dry land, Earth, on the third day was accompanied by the order: "Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself upon the earth. And it was so. And God saw that it was good. And the evening and the morning were the third day.

The 26th verse of Genesis I. reads, "And God said let us make man in our image, after our likeness, and let them etc. (27th), So God created man in his own image, in the image of God created he him, male and female created he them (28th), And blest them and said unto them, Be fruitful and multiply and replenish the earth. And subdue it and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth."

When God said "Let *us* make man in our own image," "*us*" must refer to the attributes of God, the Father, the Word, and the Holy Ghost. "In our image and after our likeness," "Male and female created he them," so that the male and female element must both be inherent in God, and the three attributes of God must have been given to both the man and the woman.

THE NATURAL FOOD OF MAN.

In the 29th verse God gave them special directions as to what they should eat, as follows: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every

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tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." The word "behold" meant listen, and take notice of what I say! Now let us consider that here was the Father and Mother of the whole human race, just created by a being who possessed infinite knowledge, infinite wisdom, and infinite power; who had planned and formed for these new beings, the mouth, teeth, tongue, salivary glands, œsophagus, stomach, liver, pancreas, and intestinal canal, each and all for the purpose of eating certain kinds of food; and this food would when digested, supply just the nutritive material to make the kind of blood required to nourish, strengthen, and sustain every organ and tissue of the body. And then he gave them special instruction as to what that food should be. There was no permission given to eat of animal food, either flesh, fish, or fowl. None of man's organs were made like those of flesh-eating animals. Why, then, do not the children of men obey the commands or follow the instruction of an all-wise being, who created them and who knew exactly what kind of food was especially adapted to their needs and conditions? Thus, the first Pair, the parents of the race, were told specifically what they should use for meat.

Food.

By Chas. H. Shepard, M.D.

Aside from breathing pure air, it is impossible for our bodies to derive vigor or even sustenance from anything but food that has been digested and assimilated, and water is the most important vehicle for carrying on these processes. We start in life with a certain amount of vitality. The economy or prodigality of our use of this vitality determines the length of individual life. This force it is that protects us from disease, and this is the only healing force in the world. There is a great tenacity of life in some individuals, undoubtedly derived from a line of ancestors who lived in conformity with natural laws. It is often noticed that families given to sumptuous living die out in two or three generations.

Out-door life and simple food has much to do with the prolongation of life, but what is the natural term of life, and what is simple food? Our reply would be that one hundred years should be the minimum, and that period will be much lengthened when sanitary science and healthful living is better understood, and simple food is that kind provided by nature containing the largest and best proportion of the elements that go to nourish the body, which is made up of living cells, and we should naturally be able to obtain more living cells from food that had not been subjected to heat. The more highly vitalized our food the more tasteful and beneficial. Nor could one expect to be well nourished by living on any one element, such as sugar, oil, or starch, because that would destroy the balance of nutrition and lead to derangement of the digestive forces or inharmonious action, which is simply diseased action. For this reason concentrated foods, or those that contain but one element of nutrition are to be avoided, or used very sparingly. Good living is favorable to good looks, and that comes from partaking of simple and natural foods rather than a large and complex variety. It is said that onions and carrots are equally good to clear the complexion, and the same may be claimed for all good ripe fruits. Milk is also claimed to be a choice food, because of its containing so many of the elements of nutrition in the best combination, and that is the distinctive feature of all natural foods.

Nature seeks harmony and right

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proportions. For that reason the choicest food is that which has been combined in nature's laboratory rather than an artificial selection. The animal kingdom has perfect health while eating their natural food and drinking pure water, but when they become domesticated they are liable to many kinds of disease and a shortened life. Fat babies often take the prize at exhibitions, and are considered the most favored, but while plumpness is desirable, it should be realized that an excess of fat is a patent evidence of overfeeding, and hence abnormal conditions. Such children, as well as grown persons, are more liable to sudden attacks of serious indisposition, and frequently the foundation is thereby laid for unfavorable chronic conditions that may continue through life as well as hasten an untimely end. The happy medium is to be sought for by all.

Adelina Patti is a remarkable instance of the power of simple food and regular habits to preserve one in the best of health. Her brother-in-law, Maurice Strakosch, took charge of her at the age of six, when she was in the ordinary condition of the indulged child. By a rigid course of abstemiousness she was regenerated, and by following up his strict rules she has retained her youthfulness and remarkable voice. Eight hours of sleep out of the twenty-four, plain simple food, no alcohol, no coffee, no tea was allowed, her only drink being water or milk. To-day, over sixty years of age, she is in a notably well-preserved condition.

To be well there are certain essentials that must be observed. The body should have all the rest in sleep that nature calls for, and all the water that thirst calls for, and all the food that hunger calls for, but an artificial condition, one pampered by all sorts of unnatural foods and drinks, is not a fit state in which to judge what is best. The blood is then loaded with impurities, and brain action is primarily affected by the condition of the stomach as well as of the blood. It is well to bear in mind that while air and sunshine are constantly essential to our life and happiness, one can abstain from food for many days without danger, and often with great benefit, as has frequently been demonstrated by persons who have fasted from one to forty days.

While we waste vital energy in many ways, in none are we more lavish than that of endeavoring to digest an excess of food, and drink all sorts of decoctions. In this land of plenty there seems to be a constant effort to see how much food one can dispose of, instead of trying to conserve the energy and studying what will best promote and sustain the highest physical condition.

To sum up, keep on good terms with the stomach, as that is the most important organ of the body. Do not expect to get any good from food eaten when very tired, nor try to rest yourself by eating a hearty meal. When exhausted, lie down for an hour to get rested. Never eat on going to bed, or between meals, have mercy on the stomach and allow it a period of rest, which it needs as much, or more, than any other organ. Drink freely between meals, according to thirst, of pure water only, a glass early in the morning, another about noon, again in the afternoon, and also one on retiring at night. Try to see how little you can eat and enjoy life, rather than to see how much can be disposed of, bearing in mind that a little eaten slowly and well masticated does more to build up the body than a large amount hastily swallowed. In that way one cultivates the sense of taste and gets much more enjoyment out of what is eaten, and there is less danger of overeating. Never eat more than three times a day, twice is found to be enough and fully satisfactory to many people. Daily, individuals are dropping out of existence from disobeying the simple, natural laws of life. If we lived right we would have perfect health. The doctor's business comes almost entirely from this disobedience to natural laws, which are God's laws.

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Domestic Dangers.

By JULIA COLMAN.

The medical danger in alcoholic drinks is real and serious, because by reason of medical prescriptions a vast number of individuals are introduced to the stuff and become familiar with its use who would never touch it under other conditions. They were ill, took alcoholic physic and recovered. Their nerves, being tampered with, lied to them, and they did not know that they recovered in spite of the alcoholic medicine, instead of by its help.

There is, however, another method more common, and perhaps less suspected, by which the taste for liquors is introduced and the familiarity cultivated, and that is in cooking. This takes in the entire gamut of alcoholic names and makes them familiar household words. There are wine sauces and "trifles," brandy flavors for pies and puddings, and various kinds of wine are specified. As if that were not enough, their names are often attached to the harmless crackers made to be served with said wines. Mothers who do not wish their children to become familiar with the drinks themselves, do well to avoid their very names in their kitchens and at their own tables.

"But isn't this going a good ways?" Yes, and we must needs go a long ways and resort to many a strenuous effort to circumvent this drink octopus which has reached down its long fingers through so many centuries and fixed itself so firmly upon us and in so many forms that we do not realize them unless we study them very closely. Many women who never partake of the wine cup do not hesitate to say that they like the taste of liquor in their food. They readily take up the off-repeated assertion that cooking dissipates the alcohol, leaving only the delicate (?) flavor. They seldom study to know whether this is true, nor do they recognize the absurdity of supposing that the flavor can remain after the thing itself is gone. Would they accept as flavoring the "waste" that is left after the brandy is distilled off? If there was any desirable flavor in it, the shrewd distiller would have long since converted it into a salable article. But should that ever be done, we should expect it to contain alcohol, all assertions to the contrary notwithstanding.

But supposing it were only the flavor that is left. To whom does that make the food desirable or attractive? Not to the intelligent total abstainer. Not to the man trying to reform to whom your table ought not "to become a snare." The wife of a prominent New York physician once told of the hearty thanks of a man who had dined at her table because her mince pie had no taste of brandy. She had no previous suspicion of his special liability to temptation.

Then, again, do mistresses who complain of tippling cooks suspect how often their appetite is due to the flavorings these cooks are required to handle? And we have seen that the mistress is not always willing to dispense with their use in order to help the cook keep the pledge she was required to take. And yet the cook is blamed even when she is expected to taste the food thus flavored!

A few years ago there was a reform in the matter of publishing recipes, most of our religious and respectable secular periodicals omitted such as recommended the use of liquors, but now we find such recipes almost everywhere. Is it because so many of the household columns are edited by *men* who do not realize the danger involved? We once called the attention of such an editor to a recipe containing that objectionable ingredient, and he acknowledged that it had escaped his attention. He

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was in the habit of extirpating the liquor clause whenever he saw it. But now it sometimes looks as if the entire department were controlled by the shrewdest ingenuity of some liquor dealer who smears over all sorts of recipes with "a spoonful of brandy to every pie," accompanied by the well-worn assurance that the heat will dissipate all the alcohol, leaving only the flavor. Some even go so far as to advise us to dump into our pie materials our spoiled canned fruit, that we would not think of bringing to the table in any other shape; slyly warning us against the use of that which is *moldy*. Do they presume upon our ignorance? Very well, there are a few of us who know that alcohol is the product of vinous fermentation and not of mold; even though we may not have been favored in our youth with scientific temperance instruction in the schools. And when the present pupils of the public schools graduate and take their places at the head of households, there will be several more wise enough to see through such crookedness. In the meantime we must expect all sorts of vinous if not virulent "intercircumtangulations," to quote our old professor in rhetoric.

PHRENOLOGY IN DETECTIVE WORK.

A TRUE STORY.

By N. A. Clapp, F.A.I.P.

I am not a totemologist, who believes that some individuals are descended from some particular animal and therefore inherit the particular characteristics of such animals as they may resemble, but I do believe that the law of development is universal, and if an individual resembles a certain animal he has characteristics that are like the characteristics of that animal he resembles. To illustrate: A bull-dog face in a man is always accompanied with persistency and tenacity in disposition. The narrow-headed, long-toothed, mincing woman is timid and fastidious, like the rabbit; while the peaked-faced, fore-headed man is sly and sneaky, and will watch his opportunity to take an advantage of you under the cover of darkness or during your absence.

I have had remarkable success in ferreting and trapping rascals who have violated the rules of society and made themselves a terror to the community in which they lived. The science of Phrenology has invariably been my guide and instructor.

The story I wish to relate occurred back in the nineties. I was running the home farm, which consisted of 200 acres, a solid 160 and a 40, separated from the northwest corner of the quarter section by a road. The buildings are at the southeast corner of the 160, leaving the farther portion of the 40 more than a mile away. For more than a quarter of a century I had given much attention to the breeding of pure-bred stock—short-horn cattle, Shropshire sheep, and Berkshire swine being among my favorites. There had been a long period of depression in the business, and I had culled closely and brought my sheep to a high standard of excellence.

The season of the incident had been a favorable one, and yet we had been very busy with the farm work. As was my custom, I changed pastures with my sheep often, and during the haying season drove them to the wood-lot on the 40. The gathering of the hay and wheat had taken my time so continuously that I neglected to count the flock until we finished the haying, when we opened the fence to give the sheep a run in the meadow. As they came through in single file we very soon discovered that they were not all there—sixteen gone. We instituted a search, and soon found that the sheep had been cornered, and that there were wagon-tracks from that corner of the woods to the road that was the boundary line on the north side.

We would have been without a single clew had it not been for the fact that my hired man had seen Dick M——, the village butcher, drive with a horse and buggy up and back on the north road some two weeks before. We conjectured that he was laying his plans at the time, and must have taken them very soon after. With more than a week the start, and only faint tracks toward a great thoroughfare leading to a city thirty miles away, it looked like a difficult task to trap the thief. My hired man said, tauntingly: "Use your Phrenology on him; but you'll find him a sly, slippery coon." I did not answer. I felt chagrined, as the fellow had received many favors from me, and I was on the best of terms with his wife's people, who were neighbors.

It was Saturday noon, and what was done

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before business closed for the week must be done at once. I had my man take me to the railroad station, so that I could take the first train to the city. On my way I pondered on what a fellow of his make-up would be likely to do. I concluded that he was too shrewd to go on the market on market-day and expose a wagon-load of pure-bred Shropshires, as they would attract attention, but would sell to some butcher in order to escape detection.

By three o'clock I was in a city of 300,000 inhabitants, with nothing but my wits to guide me in entrapping a sly thief, who had an abundance of time to lay his plans and cover his tracks. My first move was to go to a butcher with whom I was slightly acquainted and get a list of butchers who would be likely to handle such a load, and started post-haste on my tour, as the commission houses would close at 5 o'clock. The third commission man I called on I sized up at once as a man selfish and sly, and my first impression said, "Proceed cautiously." I made myself as affable as I knew how, told him I was from a town north of me, and after a few minutes asked if he knew Dick M——, of such a town. His reply was in the affirmative. I suggested that he had not come to the city lately. At this point the butcher for the firm came along, and the proprietor asked him how long it had been since Dick M—— was in. The reply was, "Not since he had the load of Shropshire sheep." My heart throbbed rapidly. I had struck the right place, and now if I could fix the evidence before they mistrusted my errand I would be the victor thus far. I asked rather unconcernedly about how many he brought at a load. The proprietor said, "The books will show," and voluntarily led me into the office. As the book-keeper opened the books I took paper and pencil in hand, and as he read the dates and figures took them down as fast as he read them. I asked for the pelts, as they would show my ear-marks, but was told they were sold. I asked the butcher if he could describe the sheep and he replied, "Certainly." By this time the questions came from the other side, and they asked why I wanted such definite information. I told them the sheep were mine, and had been stolen. The book-keeper remarked, "He has got our necks in." I replied, "I may need some witnesses."

I was ready to take the evening train home. As the next day was Sunday, I went to church as usual, but took the liberty to ask some of the relatives about Dick's movements, and got them in detail, and was informed that he, at the time, was confined in jail in an adjoining county for a similar offense as the one I was tracing out. Before daybreak Monday morning I was on my way, feeling that I was equipped to face the thief and wring from him a confession. I drove twenty-three miles through mud and rain, and reached the jail as the prisoners were taking breakfast. I treated the fellow kindly, and carelessly told him I had come to have him tell me who helped him get my sheep. He stoutly denied having anything to do with my sheep. I told him his movements, and gave him the figures for which the sheep were sold, and told him as far as he was concerned he was trapped, and if he would tell who helped him it would go easier with him. He wilted, and confessed, but declared that he got the sheep alone. I sought another interview, and took a deputy sheriff with me as a witness to the confession.

By the time I reached home some of the movements had been divulged. The relatives were excited, and declared that the confession was of no use, as I had used underhanded means and magnetic or hypnotic power to wring from the poor fellow an admission that he stole the sheep.

The case was put over one term of court, and the five months intervening between the time of taking the sheep and the December term was a busy time for the defense. They hired three lawyers, and among them the best criminal attorney in the county, and several influential citizens were secured to use their influence on me to persuade me to take a money consideration and not appear at the trial. I invariably gave a positive refusal. Several traps were set to get me to agree to take notes of relatives at high figures as payment, and then they would stand trial. I did not lend an encouraging ear to any offer.

On the day the case was called for trial I was asked if I would hold a conference with the circuit judge. I consented. I found two attorneys for the defense, who stated that they knew that their case was hopeless, that they and their client had been outwitted at every turn, and asked for terms. My reply was, "A confession in open court and payment in full for my property." The judge awarded me twenty dollars more than I asked, and held the prisoner under suspended sentence.

For a time I felt condemned for my leniency. The wife of the prisoner had pleaded with me with her little babe in her arms. My sympathy was aroused. My Benevolence, the leading faculty of my mind, was stronger than my spirit of revenge.

A decade has passed, and the young man formed habits during the period he was under suspended sentence that have followed him since. He is a reformed criminal. I sometimes wonder if our system of severe punishment does not have the tendency to harden criminals instead of reforming them. This case scores a victory for the science of Phrenology, and another victory in reforming a criminal and bringing happiness to his family and friends.

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

BRIGHT AND PROMISING.

By Uncle Joe.

At Bedtime. The Child's Part. (*I.*)

If there is any part of a mother's work that strikes us as being more important than another it is "at bedtime," when she comes into immediate touch with her little ones. At this time she is able to get nearer to them than in the day, when they are all activity, and therefore she should be awake to the privileges that surround her at bedtime, and not consider it a waste of time to wait on and talk to her precious children. First of all it is her duty as well as her privilege to see that her children are put to bed as clean, comfortable, and happy as it is possible for them to be. The nightly bath should not be neglected for anything else. After the day's exertion, fatigue, and exposure to the dusts of the streets and daily work, it is reasonable to suppose that the youngsters can sleep better if they have an invigorating bath, and the bath-tub is after all a quicker and more serviceable means of cleansing and refreshing the little ones than by using the ordinary wash-cloth and basin of water. The bath-tub has another use; it sweetens the temper and clears the cobwebs and takes away the pout of the lips that sometimes gathers at night-time. Water has a magic power, and no child should be allowed to go to bed dirty just for the sake of saving one's self a little trouble. Where there are a number of children in the family the experience of the older ones can be used beneficially for the aid of the younger ones, and when the older ones come to be put to bed, there is another consideration which is very important to observe.

When a child has reached the age to appreciate a story on going to bed (and what child, for the matter of fact, cannot appreciate a story?), a little time, thought, and judgment can do a great deal toward helping bright ideas and right thoughts to take root in the minds of the young. It may be a little denial and somewhat of a tax for a mother to think of a story every night to tell her children, but when she finds how much she can include in a story and realizes the real enjoyment that a simple tale will give, no personal matter should be allowed to stand in her way or come between her and her children. It is a perfect delight for most children to get their mothers or aunties to put them to bed. They hate to go alone, and do a thing they are not inclined to do naturally, namely, go to bed. They would rather sit up in the warm, nicely lighted rooms and talk and read or play downstairs, and therefore the hour for bedtime is often shadowed with a little dislike, but if mother is present it is astonishing how quickly a child will go to bed, especially if it knows that mother will tell one of her delightful stories.

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No. 620.—Fred. J. Paine, Pomona, Cal.—Children are educators in the general sense of the term. They teach older people what they have forgotten and revise their own troubles and difficulties—in fact, we can learn many things from little children if we are only on the alert to listen to what they have to tell us. We should not think that we have all the educating process on our side. In fact, a child in a home is a very valuable piece of furniture, and no home should be without one. How often selfishness reigns where there is no child to think of and when the child is selfish, this attribute is struck out of the character of the parent, for he or she sees how undesirable it is.

In the little stranger, whose photograph is before us, we realize from the forehead and the two bright eyes that peer out from the face a very intense mind, one that is sure to have a very definite future, and if he is carefully educated, we cannot help but see that he will have a distinct influence over others.

He is a boy with a strong personality. Somehow or other he makes things go, for wherever his interest is, he impresses himself upon others in such a way that he can not be misunderstood.

He has an excellent memory and will recall whatever is told him and most of what he learns at school, and also what he hears other people talk about. He will learn to recite quite readily, and if he takes up professional work, which he should by all means do, he will be able to recall important matters that engage his attention; as a lawyer or a judge he will carry in his mind many important facts, and persons will refer to him when they manifest a poor memory.

He will always have plenty to say about what is going on around him—in fact, he will interpret things his way; even when older people are talking he will adapt their language to his own knowledge of things.

He is a wide-awake boy and should be kept a child as long as possible, and should be encouraged to take a full amount of sleep. If he is allowed to stay up with other children or with older people, he will lose in strength of mind and character. Having an active brain he will need to nourish it with a full complement of rest; particular pains should be paid to this fact. It would not be surprising to find that he would like a story told him when he goes to bed, for he will imagine that he can go to sleep quicker if one is told him than if he has to go to sleep by himself without any one being near.

He will appreciate company and will be beloved by every one, for he has a



NO. 620.—FRED J. PAINE, POMONA, CAL.

remarkably friendly and affectionate nature.

He will see many things that are taking place around him that will attract his attention in a vital way—in fact, he will ask many questions concerning the ways of people and what they say and do. It will not be easy work for him to allow things to attract his attention without knowing the particulars concerning them, and he will think he can give his father advice at a very early age.

He is a particularly bright boy and will sense the true character of others. He should be able to select his friends

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wisely on this account unless his sympathies bias his judgment and get in his way.

He will be full of fun, wit, and humor, and as a speaker will impress people by his capacity to see the force of a joke and his readiness to tell a coincidence that even militates against himself.

It seems hardly possible that he is only one and one-half years old. He appears to be three or four years old, and is quite precocious for one of his age, and his mother will have some difficulty in keeping him a little boy.

He will show a great deal of comparative mind and will be ready to analyze everything. He will eventually show this capacity in the study of law or medicine, and nothing short of the highest attainment in study or the highest field of intellectual work will suit him.

If he does not want to do a thing he will say so and will not want to be made to obey, because he will think that his reason or opinion is better than that of his mother.

He is a boy of large ideas and will be a leader among his circle of friends. Others will readily knuckle under to him because they will realize that he has a superior way of looking at things, and others still will fall back behind his judgment.

We wish we had a larger photograph to show our readers, but if they will take a magnifying glass they will see the reason for all of our remarks.

He had better be trained with the object of taking a superior position in life, one where he can show his individuality of mind, his judgment of men and things, his memory of events and his keen relish for intellectual and philanthropic work.

Few lads are so well adapted to fill many rôles in life. He would make an excellent physician and diagnose disease correctly; a most critical and analytical judge; a fine public speaker and an exceptional preacher; and he will know how to drive home his criticisms on the conduct of others.

SUGGESTIONS FOR MOTHERS.

From Miss Wheeler's book on "The Management of Young Children."

Many of the suggestions may appear radical to young mothers. For instance, the writer asserts that if the baby is to live he must cry, and since this is necessary any parent who objects to hearing her child cry in a hearty and healthy manner is selfish in considering her own nerves before the welfare of her child. She says: "Instead of quieting him, on the contrary, it should be a mother's duty to insist that her baby indulges in a certain amount of good healthy crying each day. A whining, fretful cry is not a beneficial one. It must be a good, strong, hearty cry; one during which the baby draws in a deep breath and holds it for a few seconds, thus expanding the little lungs to their fullest extent. It is this which strengthens and toughens the lung tissue. A child with lungs thus made strong and healthy does not catch cold easily. But here, in the very start, moderation and judgment must be exercised; all cries of the infant are not alike, and a mother should as soon as possible learn to distinguish them."

The different cries of the child are classified as the cry of nature, the cry of temper or indulgence, of hunger and of pain. "If the mother or nurse," says Miss Wheeler, "is convinced that the cry is other than natural, the best and most sensible thing for her to do is first to make a thorough examination of the infant and try, if possible, to find the cause, and, in relieving that, thus relieve the child. Among the possible causes to be looked for are pins, either sticking or pressing into the flesh, uncomfortable wrinkles in the clothes, colic, cold hands and feet, earache, and constipation." Readers are told that constant handling of the infant is not good for him, and that the newborn child should spend the greater part of its early life in bed.

Among the other subjects treated are ventilation, the nursery and nurse, the bath and clothing, feeding, and diseases common to infancy.

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THE AMERICAN INSTITUTE OF PHRENOLOGY.

The second meeting of the season was given in the hall of the above Institute on Tuesday, December 1st. The lecturer for the evening was Dr. Constantine F. McGuire, who lectured on "Health, or How to Build up Man, Mentally, Physically, and Temperamently, or Physical Culture treated in the Light of Phrenology and Temperament." Dr. Charles Wesley Brandenburg, president of the Institute, occupied the chair and introduced the lecturer in the following words:

"I have great pleasure in calling upon our friend of the Institute, Dr. C. F. McGuire, to give his lecture on 'Health and Physical Culture, Phrenologically and Temperamently considered.' I have known Dr. McGuire for many years as a physician in active practice. He has devoted considerable time and attention to the subject he is about to speak upon. He graduated in the American Institute of Phrenology after giving many years to medical



DR MCGUIRE.

study, therefore he is fully equipped to handle the important subject he has selected."

The lecturer said in part, "The subject is a large one; too large, in fact, to handle in the hour allotted to me, but I will try and bring to your attention a few points that may be of benefit to you in relation to physical culture. This subject is one that is attracting considerable attention at present. Many people take it up in the wrong way because they do not understand themselves, but the principle of physical culture in itself is good. Some people believe in following Dr. Dewey's idea of going without breakfast. While I believe that this is an excellent plan for many people, I do not think it will answer for everyone. I know of one gentleman who has tried the plan and finds that he needs to eat a good breakfast to start with in the morning, but he can do without luncheon in the middle of the day. The 'New York Journal' recently contained a letter from J. L. Sullivan in reply to a request to know what food should be eaten to build up a person's health. His reply was, 'eat any kind of food that comes along your way.' Now, when we consider that J. L. Sullivan is a strong and healthy man we can understand why he gave such advice, but it would not do for everyone to follow his example. Some people are strict vegetarians and believe in the vegetarian diet; now while this diet is good for some people, it is not equally sustaining for all. I believe that many people would be benefited by abstaining from meat for a week, month, or year, but I also believe that there are people who sometimes need to eat a little meat. Other people believe in fasting and imitating the man who fasted for forty days. One man of my acquaintance did this and went on with his regular work. He succeeded in fasting, but a few months afterward he died. He did not take into consideration that he should have stopped his work if he wished to fast, because he was using up his vitality all the time and not replenishing his system. We must not forget that there are physiological and chemical laws behind this machine of ours. We must feed it with proper food, just as all machines need to be supplied with nourishment to keep them in working order. Children in schools are not taught sufficiently about dietetics and health. Two young ladies in St. Louis thought they could live on twenty cents a day and go on with their teaching. They laid up in the bank all the extra money they saved, but soon began to find that they were not sufficiently nourished, and they will probably spend all they saved in doctors' bills and holidays in order to build themselves up. Some say that heredity reflects on us. The Duke of Wellington was once asked what he thought of the constitutional strength of a nation, and if heredity had anything to do with it. He replied, 'It does not matter if a person is brought up in a stable or a house, whether a person becomes strong constitutionally or not;' but I believe that it does make a great difference what a child is brought up to. The Chinese women do not mind crippling their feet, because they are brought up to it from childhood. I would like to ask what is Vitality? It is a term that some people apply to electricity. Some men have much vitality and others have not so marked a degree of it. In this country al children have instilled into their minds the possibility of their being some day President of the United States. But, as a matter of fact, very few are capable of filling such a rôle. Some people think that they can become as strong as Sandow by exercising their mus-

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cles. This is a mistake, for because many can become strong through exercise, yet few can develop the great muscular strength that Sandow has attained. It is necessary to put thought into one's work, we must think of cultivating the biceps, but thought alone will not make you strong. Fitzsimmons had all the science of health and knowledge of how to box, but he had not the muscle behind him that Jeffries possessed, therefore he could not win in the contest against him. A fine inheritance is able to do a great deal for you, but you must keep up activity and rightly poised thought in order to make the most of it. I know a man who came to me to be examined for a life-insurance policy, and I asked him how he came by such a fine constitution. 'Oh,' he said, 'I have inherited it from my mother.' From your mother, I said, 'How is that?' 'Well, my mother was a German, and it was the custom when she was young for women to work in the fields and she was strong and vigorous, and I have, I suppose, inherited her strength.' Many boys think when they hear Bryan speak, that they can electrify audiences in the same way, and they are surprised to find they fail. All boys cannot succeed as Bryan has in becoming an orator. What becomes of all the graduates from Harvard, Yale, and other universities, and why do we not hear from more of them as they go out into the world? It is because they are not fitted to do the work with the same success that those are who have a fine inheritance or who have used their opportunities in the right direction. All cannot be like Carnegie, Schwab, or Edison. You cannot put into people what is not there to begin with in an elemental degree. We have to be guided by our constitutions and adaptations, and that makes the great diversity among people. We may improve and cultivate certain talents, but there are certain places for us in the world where we can work with the least resistance. The story is told of the great English novelist, Conan Doyle. A professor once told him that he would not amount to anything in life, but the professor did not understand him, and could not appreciate his abilities. Mr. Doyle thanked him, and has come to be one of the most successful writers of his age. He has had a good constitution which has helped him to continue his work and map out his life. He knows what he is going to do six months ahead. One thing we should know more about is Temperament. We study the laws of Heredity, we should also study the laws that govern the Temperament. We used to hear a good deal about the old classification, such as the Sanguine, Choleric, Melancholic, Bilious, Nervous, Lymphatic, or the Gouty Temperaments, but now we have reduced the classification to three—namely, the Motive, Vital, and Mental. These stand out as types of constitutional strength. We see the Motive Temperament in persons who are very active. Dr. King once referred to a visit he paid to an insane asylum, and when going through the wards he said to the doctor, 'I should think you would have to build a pretty high fence around this man, for he has the Motive or Active Temperament, and will be inclined to scale fences and not sit still all day.' The doctor replied: 'He has already scaled several fences, and it is hard to keep him in the institution.' Dr. King came to another person with a Vital Temperament and said, 'This individual likes to keep her seat warm, you will not have any difficulty in keeping her in the house.' 'No,' replied the doctor, 'she likes to remain indoors and keep her seat.' I will now call upon Miss Fowler to describe the characteristics of the Motive Temperament in some of the persons present." A gentleman from the audience was then called to the front of the platform, and the distinctive characteristics of this gentleman were enlarged upon. Dr. McGuire then spoke of the Vital Temperament. He mentioned Roosevelt as having a good combination of the Motive, Vital, and Mental, which he kept in good condition by daily physical exercise. He said: "If we look through the pages of history we shall find that all great men had good physiques. The Vital Temperament was generally found in store-keepers, teachers, actors, and orators. They were kind, lovable, and disposed to enjoy the good things of this life. They enjoyed nice suppers, they could sing sweetly, and were attractive. The great trouble why so many gave way to their appetites was because they did not try to overcome the temptations that surrounded them. Mary Anderson was a beautiful actress and possessed a lovely character and did a great amount of good in her profession, but she lived up to a high ideal. All persons of the Vital Temperament need to be beware lest they allow their physical nature to absorb them too much." Dr. McGuire then called upon Miss Fowler to describe the Vital Temperament in the examples before her. A lady was selected, and Miss Fowler described her constitutional strength and her abilities. She was very fond of singing, and had adaptability of mind necessary for this work. Dr. McGuire referred to the recent elections and said, "It was not to be wondered at that Low was defeated because he was doing so much to elevate and benefit the conditions of New York, while there were a great many people of the Motive and Vital Temperament who wanted to have a good time, and they did not want the saloons closed or reforms started, for their natures could not appreciate them. When New York is

(Continued on page 33.)

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THE

Phrenological Journal

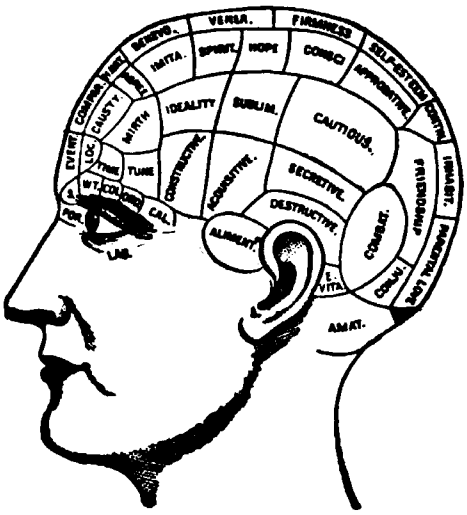
AND SCIENCE OF HEALTH.

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NEW YORK AND LONDON, JANUARY, 1904

"Live Close to Nature."

THE NEW YEAR.

The music of the chiming bells
Of joy and hope a story tells.
'Mid festive scenes and tones of mirth
We hail with them the New Year's birth.

S. E. BAKER.

THE NEW YEAR.

Every one must write 1904 for the first time, every one who has a diary must make the first entry, every one who goes to business must begin a fresh sheet of records and in these first beginnings it is well to so shape our thoughts of the future that they may have a permanent and an abiding influence upon the days that will come in quick succession. With the beginning of a new year we have to deal as Ella Wheeler Wilcox once wrote, with the now, but we know that the now has much to do with the future. She said:

"I leave with God to-morrow's where and how,
And do concern myself with but the now—
That little word, though half the future's length,
Well used, holds twice its meaning and its strength;
Like one blindfolded, groping out its way,
I will not try to touch beyond to-day.
Since all the future is concealed from sight,
I need but strive to make the next step right;
That done, the next, and so on, till I find,
Perchance, some day I am no longer blind,
And, looking up, behold a radiant friend,
Who says, 'Rest now, for you have reached the end.'"

Let every one feel courage to attack the new year with vital possibilities before him. It is not an unwise thing to make resolves of what one wants to do, for without a plan before one the now cannot be so helpful nor successful. When we say that courage is necessary to begin the new year we mean

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that no one should allow disappointing thoughts to creep into the mind. There should be an attitude of success expressed in every effort, then the work will be done with a greater strength of energy, and the task will be accomplished in half the time. When we think for a moment of how many processes the diamond passes through for it to obtain its brilliancy, we need not feel discouraged at attempting anything new if the interest is once awakened to its importance. We realize in Autumn that the trees are preparing for the Spring by the little buds they put forth at the end of each twig and branch, so in our lives we realize that the seed we are sowing now will reap a harvest in due time. It has taken centuries for the diamond to be perfected, and then, after all, when it has been evolved from the earth man puts on a polish. He cuts it down to a fine point through which its iridescent colors show themselves. So destiny has her way of showing herself after centuries of work. Each man, woman, and child to-day is laying the foundation of activities that will spring to life in the dim future. Is it not therefore important that every one should give some thought to the fitness and adaptability of mind that he can show in certain directions? Is it not wise for children to be directed aright in their future calling? Is it not wise of parents to consult those who can give them advice as to how they can best conserve their energy? If it is, then we say let Phrenology be a guide in storing knowledge, in building character, in studying the right relationships in life. Let there be no guesswork, but have something definite to act upon and there will be few regrets as a result.

THE PSYCHOLOGY OF HONESTY VERSUS CONVENTIONAL LIES.

It is not very complimentary to tell a person that he or she is a liar; in fact, persons feel quite insulted if they are told such a thing, but the day-book of John Stewart Blackie gives quite a number of respectable kind of lies which people indulge in, in the present day, without thinking there is anything wrong in this kind of indulgence.

As a psychological effect upon the mind, we will give a few that he mentions, and persons can see whether they recognize the truth of his statements.

First, he speaks of the lies of carelessness, from whose loose observation and hasty generalization any hour's talk shows to an astonishing degree. If persons were accurate in their observations, they would not need to unconsciously fall into the error of making misstatements or showing carelessness in this matter.

The second class he designates the "lies of cowardice," which are told from fear of facing the truth, as when a man laboring under a dangerous disease reasons himself into the belief that he is quite well. Many other examples of this kind of cowardice stand as illustrations of this kind of lying or misrepresentation.

The third class of lies he calls those of politeness, which are found to be very common with women, who try to take the sting out of the truth for fear of giving offense. For instance, Mrs. Brown calls on Mrs. Smith. Mrs. Smith expresses great delight in receiving her guest, but inwardly, and even afterward, she expresses herself in just the opposite language.

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The fourth class of lies are those of flattery, given from a benevolent desire to please, or from a selfish desire to gain something by pleasing. This class is perhaps the most common to-day, and who is there that thinks a little flattery given to a friend is other than virtuous.

The fifth class of lies are those of self-glorification, which are made by persons who wish to magnify their own virtues or the virtues of the class to which they belong. These include patriotic lies concerning one's country, made when a person is traveling abroad; sectarian lies, and almost any kind of lie that masks selfishness under a grand name.

The sixth class of lies are those of malevolent hostility, consciously intended to deceive an adversary, as in war. These are made with a recognition that they are necessary, and are put down as such.

The seventh class of lies are those of self-defense, made to save Nature when a force is put upon her, or to save one's life where honor is not concerned.

The eighth class of lies are those of benevolence, which are made to save another's life, as when a righteous man flies to you for concealment, hounded by his persecutors, and you say he is not in your house, like Rahab did of old, and scores and scores of others during war times.

The ninth class of lies are those of convention, as when you call a man a gentleman who is not a gentleman in any proper sense of the word; or a woman a lady when she forgets to be a lady; or when you call the king in the prayer-book a "most religious and gracious sovereign," when he may be a great blackguard, or when you call yourself "your humble servant," when you are as proud as Lucifer.

The tenth class of lies are those of modesty; when a person says he cannot do what he can do perfectly well, to avoid the appearance of forwardness.

These are enough to introduce us to ourselves, and to psychologically see what we unconsciously do, without realizing the result upon our characters.

REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

Annual Reports of the Department of the Interior, 1902. Commissioner of Education. Volume I, Washington Government Printing Office. (Notice 1.)

This volume that reached us at the end of November, 1903, is an exceptionally interesting volume, and we shall have occasion to mention this many times during the year. Especially interesting is the chapter on Child Study in Chicago, Chapter 27, which contains a report of Director Frederick W. Smedley for 1899 and 1900. It contains charts chowing the rate of annual increase in stature, weight, strength of grip, vital capacity, and endurance of girls and boys. Also the physical development and school standing of girls and boys. Also the growth, abnormalities and motor defects, such as the following:

Macrocephalic, Microcephalic, Dolichocephalic, Brachycephalic, Cranial Asymmetry, Face Asymmetrical, as to Forehead, Nose, Eyes, Ears, Mouth. Forehead retreating, narrow, palpebral fissures, small epicanthis, nasal bone sunken, superior maxillary small, inferior maxillary small, hare

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lip, palate cleft, narrow, high asymmetrical, ears diminutive, imperfectly formed, obesity, bilateral asymmetry, spinal curvature, deformed limbs, crippled. Under movements, the following are given: quick, sluggish, restless, incoordinated, general balance relaxed, asymmetrical posture, head balance asymmetrical, lordosis, over-action of frontals, corrugation, blinking, incoordination of eyes, immobility of eyes, relaxed obicularis oculi, hand balance asymmetrical, tense, relaxed, finger twitches, blushes, pallor, mouth breathing and defective speech. In conclusion the text says, "many of the tests and measurements which this department has made are preliminary to other investigations, which, it is suggested, should be carried on in reference to different lines of mental development, methods of instruction, and school adjustments. It is believed that much of the utility of the work so far done will best appear as it forms the basis for these future investigations and compilations, yet there are certain truths important for educational theory and practice, which have been so clearly foreshadowed as to warrant their being set forth here.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

731.—W. S. G., Jacksonville, Ill.—Yours is a pronounced motive temperament, combined with an active organization. You like to study those subjects that you can put to practical service. Yours is a decidedly scientific type of mind, and you could excel were you to continue to make science your principal study in life. Philosophy will interest you only as you can apply it to the sciences you engage in. Thus the study of Phrenology would appeal to your common sense, to your observations, and to the practical philosophy connected with it. Phrenology is not only a science, but an art, and not only an art, but a science; thus it embraces a twofold cord. You have ample intuitional power to enable you to succeed in its development, and in your hands we feel sure that Phrenology would have an able exponent. You are very careful in your observations of men and things, and are not likely to be led astray by false theories. You have a well-developed moral brain, which should enable you to be interested in subjects that appertain to ethical life. You will influence others wherever you go, and persons will listen to what you have to say on any practical subject.

732.—F. J. B., Pomona, Cal.—This young lady has quite an artistic mind. She is capable of doing many things that call for taste, and were she to study art she could succeed admirably in designing, drawing from a pattern, arranging flowers, retouching photographs, using the camera, doing embroidery or needle-work, and could also succeed in millinery. She should be trained just as though she had to earn her own



734.—D. S. VIEW, WASH.

living, for it would be necessary for her to study a thing in earnest, or else her friends will get hold of her and make her enjoy life so well that she may not want to continue her studies. Therefore she must be encouraged to work with an object, and think and act for herself. She has a good deal of discernment of mind, and should be able to detect differences in the characteristics of people, as well as in the material that is shown her in a store. A

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person may declare that the material is just the same as that she used a year ago, but she will be able to decide whether that is so or not.

733.—G. M. R., New York City.—The photograph of this young lady indicates that she ought to be able to get along well as a teacher, but as the photograph was taken some little while ago, she may have changed somewhat since. She has a high head and a character that expresses a good deal of determination of mind and will-power. She is conscientious in carrying out her duty toward others, and is anxious to see how others act in regard to their promises and agreements. She likes people to be constant, caring little for those who are not mindful of their agreements with her. If she were to take up teaching as a profession she would discipline her scholars in the first place, and make them interested in their work. In the second place, she would be fond of reading and writing stories. Anything that has romance about it will attract her attention, and she had better begin even now to write short tales for children, for she would be able to succeed in such work, and it would be interesting and profitable to her.

734.—D. S., View, Wash.—This little baby has a vital temperament and is quite alive to what is going on around her. She is bright for her age, and will expect many things from other people, and will think they mean what they say. She will find it difficult to bring her mind right down to practical affairs, for she has more of a theoretical mind than a practical one. She will be quite magnetic and will make an excellent nurse, and if she takes to study will succeed in becoming an excellent physician. She has a large head and a fine quality of organization, and must be allowed to have considerable exercise. She will have to work off her steam in some way, and she had better be directed in her play, instead of being left alone to her own devices. Simple physical culture exercise should be given her to teach her balancing power, for her perceptive faculties will not see the corner of the table, the chair, the stove, or the chimney-piece, and she will get many knocks if she is not taught to balance herself and see where she goes.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

(Continued from page 28.)

filled with voters who have a higher type of constitution and possess more of the Mental Temperament they will gladly put into office a man like Low, who stood for good government.

The Mental Temperament is generally found in one that possesses a long, thin neck, a comparatively small body with a large and active brain. Dr. Lyman Abbott was a splendid type of the Mental Temperament. He could not indulge in smoking and drinking habits, for his constitution would not stand it. In fact, such habits were very repulsive to his nature. Mrs. Eddy was another example of the Mental Temperament—namely, the thoughtful, reflective type. When a person with a high-top head begins to express his or her ideas, the person with the Vital Temperament says, 'What are you talking about?' The Vital Temperament does not appreciate the attitude of the moral and reflective faculties. Many of the Eastern religions were true theoretically. Buddha believed in a fine theory, but Christianity was a practical religion. Christ believed in the control of these things which proved to be a temptation to man. He never gave us our passions for them to overcome us. Cleveland, Reid, and Ingersoll were men of force and marked ability, and they have all had good bodies to support their brains. The Tammany leaders were strong and powerful men and always had a good physique. Look at Richard Croker—what a fine, well-built man he was. He possessed the organization of a leader. I do not care what he said to the contrary, we find that men who have the most influence in the world are men of good physique. The old saying stands good, 'A sound mind and a sound body.' Our idea of a great man to-day is that he is a great scholar, and we think because he has round shoulders, a stooping head and poor health that he must be a great man. But we find that we are mistaken. We should learn the proper development of our mental and physical powers by rightly regulated exercises."

Miss Fowler was then asked to describe the Mental Temperament, which she accordingly did by calling attention to the lecturer's constitution. The high forehead, the superior development of brain power gave to him his power of thought, his ability to reason out a subject, and his copious ideas. She referred to other people in the audience and asked them to stand up so that they could be seen all over the hall. She then contrasted the Mental, Motive, and Vital conditions, and referred to the timely advice given them that evening on the importance of taking the right kind of exercise that was adapted to each Temperament.

Dr. Brandenburg, in his closing remarks, said, "We have had a lecture of great power and have heard something to be re-

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membered. I trust that all will take to heart and apply the good advice that has been offered you." He then gave out several notices and referred to the next monthly meeting, which was to be held on Tuesday evening, January 5th, when Dr. J. P. Sibley, A.M., would lecture on "The Music, Art, and Poetry of the Subjective Mind."

For Answers to Correspondents, see Publishers Department.

NOTICE.

On Tuesday, January 5th, the third meeting of the session will be held when Dr. J. T. Sibley, A.M., will lecture on "The Music, Art, and Poetry of the Subjective Mind." Phrenological examinations will be given at the close. It is the desire of the trustees of the American Institute of Phrenology that the friends of the Institute should make these lectures as widely known as possible, particulars of which can be obtained from the secretary, M. H. Piercy, 24 East Twenty-second Street, New York City.

FIELD NOTES.

We have to announce with pleasure that Mr. Paul B. Kington has followed the example of other graduates and taken to himself a wife. He writes that on June last he was married to Miss E. Victoria Pilbeam, of Buffalo. We are glad to know that she is heart and soul with Mr. Kington in his Phrenological work, and that they are well mated, being adapted to each other Phrenologically and Temperamentally. They are now residing in Prospect Street, Cleveland, O., where he intends to continue his Phrenological work. We wish Mr. and Mrs. Kington a large share of happiness and prosperity in their new field and trust that they will unitedly continue to uphold the science of Phrenology in a scientific way.

Levi Hummel is located in Mohnsville, Pa.

W. G. Alexander is lecturing at the Y. M. C. A., London, Ontario, Canada, to good houses.

R. M. Mobius is located at the Imperial Hotel, Winnipeg, Manitoba, Canada.

John Welch is located in Coats, Kan.

Mr. Taggart is located in Cadillac, Mich.

George Morris writes, November 11, 1903: "I have given fifteen lectures in Morris, Minn., and done quite well. Tomorrow we go to Starbuck, Minn., a Norwegian town of 800. We hope to do well there."

J. S. F. Philbrick, Class of '73 and '74, has just left Waynesfield, O., for Los Angeles, Cal., where he will continue to make examinations and give parlor entertainments, having formerly made a success of the latter.

Paul B. Kington, Class of '99, is now located in Cleveland, O., giving examinations and lectures.

M. Tope writes, from Baltic, O.: "I am pleased to state to you that in delivering courses of lectures here and marking charts I am meeting with success. A great interest is manifested and several are organizing for concerted study of the science of Phrenology. My intention is to give most of the winter and spring to this work, and may send you some good reports. This is Tuscarawas County, O., and on this tour I shall do Coshocton County."

On December 5th Miss Jessie A. Fowler made Phrenological Examinations at the Christmas sale in aid of the Pelham Hall Shelter for Convalescent Women at Mrs. Hazen's School, Pelham Manor, New York.

On December 10th, at the Christmas festival and bazaar, she was at the Waldorf-Astoria, held in aid of The Little Mothers' Aid Association.

November 5th, 6th, and 7th Dr. Cora M. Ballard and Miss J. A. Fowler attended a bazaar in Brooklyn in aid of The Woman's Suffrage League.

Miss Jessie A. Fowler will give four talks on successive Wednesday mornings during January, to begin on the 6th, at 11 o'clock. Subject: "The Effects of Musical Vibrations on Temperament in Health and Disease."

THE FOWLER INSTITUTE, LONDON.

A large gathering of members and friends assembled at the Fowler Institute on the 4th of November to hear Mr. Stocker lecture on "Some Facts about Faces." The lecture was made very interesting by the aid of black-board sketches of different features of the face. The practical demonstrations given by Mr. Stocker were equally interesting and appreciated. The meeting was enlivened by a hearty discussion, in which Messrs. Williamson, Ramsay, Dayes, and Elliott took part. A very enthusiastic vote of thanks was given Mr. R. Dimsdale Stocker for his lecture.

During the month Miss I. Todd, F.F.P.I., and Mr. D. T. Elliott were attending bazaars, and were kept busy.

All past and present students of the Fowler Institute are cordially invited to attend the "Students' Evening" on the last Tuesday in the month. These meetings are convened for the study of applied Phrenology.

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FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of **FOWLER & WELLS CO.**

THE SUBSCRIPTION PRICE of the PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE is $1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to Fowler & Wells Co., and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the PHRENOLOGICAL JOURNAL and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Human Nature"—San Francisco.—Allen Haddock is the enthusiastic editor of this monthly, which always contains some good, readable articles on Phrenology, Health, Psychology, Diet, etc.; therefore, when we expect an intellectual treat on the arrival of the monthly, we are never disappointed. The editor has an adaptable mind, which takes cognizance of everything that is going on in the world of thought, hence knows how to adapt his knowledge to the needs of humanity.

"The Popular Phrenologist" — contains "Character Sketches of Prominent People," some notes on the "The Physiological Side of Phrenology, or The Anatomy of Man," "A Lesson in Phrenology," "Notes of Books, or Psychology in Literature," and is generally illustrated with several portraits.

"Human Culture" — Chicago — is issued monthly, and treats of subjects that deal with the culture of man in various aspects, from youth to old age.

The Christmas number of "Good Housekeeping"—Philadelphia—contains an article on "The Higher Life," "The Fairies' Tree," another on "Christmas Wants and Our Readers," another on "Hospital or Home," another on "Good Housekeeping Baby," making in all a delightful number.

"The Housekeeper" — Minneapolis — contains a number of stories and many useful ideas for Christmas.

"Suggestion"—Chicago—is ably edited by Herbert A. Parkyn, M.D., and is a magazine of the new Psychology, happiness and success.

"The Canadian Statesman" — Bowmanville, Ont.—is quite an attractive paper, and has given, among other notices, one of the PHRENOLOGICAL JOURNAL.

"The Inter-Ocean"—Chicago—gives a notice of the Phrenological analysis of the three young desperadoes made by J. M. Fitzgerald, reference to which we will make in another number of the PHRENOLOGICAL JOURNAL.

"California Christian Advocate" — San Francisco.—This is an interesting weekly, and contains some excellent articles on various topics. It contains a notice of the PHRENOLOGICAL JOURNAL under its heading, "Magazines."

"The Standard Union"—Brooklyn—is a large and well-edited paper. It is quite liberal in its notices of new books and magazines, the PHRENOLOGICAL JOURNAL being one that it has noticed among others.

"The Religious Telescope"—Dayton, O.—Among its editorials it included notes on "The Power of Environment" and "Gambling." Both are subjects which are well handled. Another article is on "Why Country Boys as a Rule Win in the Life Struggle." The sentiments of the article are true to life. The paper contains an appreciation of the PHRENOLOGICAL JOURNAL.

"The Review of Reviews"—New York—keeps its readers posted on the events of the day not only in regard to what is going on in America but in other countries. Its illustrations are numerous and excellent. Albert Shaw is the able editor.

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"Good Health"—Battle Creek, Mich.—is a magazine we cannot do without. It has an article in the December number on "The Ministry of Pain," by the editor, J. H. Kellogg, M.D., who never fails to speak out plainly the whole truth. "Catarrh: What it is and How to Cure it," is another article of importance.

"The New Voice" — Chicago — is doing good work in placing convincing arguments before its readers.

"The Churchman" — New York. — This weekly stands for matters that are ecclesiastical and religious, and is a high-toned, influential paper.

"Lippincott's Monthly" — Philadelphia— contains a story by Helen Milecete, besides eight other strong short stories.

"Bowmanville News"—Ontario.—This is another Canadian paper that keeps abreast of the times. It takes note of the PHRENOLOGICAL JOURNAL and the work it is doing.

"The Club Woman"—New York.—This monthly is ably edited by Mrs. Doré Lyon and Mrs. Greeley. It contains, as its name indicates, the doings of clubdom, and is profusely illustrated.

"The Delineator"—New York.—The December number is unusually interesting in both fashions and reading matter of a general character.

Among other monthlies received are: "Eleanor Kirk's Idea," "The Literary Digest," "Mothers' Journal," "The American Motherhood," "Pacific Medical Journal," "The American Medical Journal," "Literary News," "Human Nature," "Human Culture," "Mind," "Normal Instructor," "The World's Work," "Health," "New England Homestead," "The New York Observer," "The Naturopath," "The Christmas Book-Shelf," "The Bookseller, Newsdealer, and Stationer."

PUBLISHERS' DEPARTMENT.

A BRIGHT AND PROSPEROUS NEW YEAR TO ALL OUR READERS!

OUR CORRESPONDENTS.

A. R., Calumet, Mich.—Many thanks for your lengthy communication upon Indians. We shall be glad to make use of many of your statements regarding them, and are pleased to know that you have had considerable experience with Indians. What we said concerning this type was largely from the experience of an Indian himself, hence we believe there are many variations, no one description being able to fit all types. We are glad to receive comments from all our readers on matters published in the JOURNAL.

W. N. H., Woonsocket.—You ask what has Phrenology to say in regard to the theory of Thomson Jay Hudson, LL.D., that man has two minds, a subjective and objective, in his book on "The Law of Psychic Phenomena." In reply would say that Mr. Hudson asserts that the subjective mind is constantly amenable to suggestion, while the objective mind is not. The only way to influence the subjective mind, therefore, is to put the objective mind to sleep. One very pertinent question on this subject is, "What does the subjective mind consist of when compared with the objective mind?" Mr. Hudson tells us that the subjective mind reasons deductively, that it has a perfect memory and controls the functions, sensations, and conditions of the body. Now, according to Phrenology, the objective mind is composed of the upper forehead or reflective faculties and the perceptive faculties or lower forehead, while the subjective mind is composed of the faculties that are situated in the areas behind the forehead, and include the motor areas of the limbs, legs, arms, and trunk. It will be readily seen by this vision that the objective mind constitutes the ego and belongs to those faculties through which knowledge is gained in science and philosophy, while the subjective mind is composed of those faculties that are more or less under the control of the objective consciousness. Thus the arm areas, the leg and trunk areas, are noticeable under the influence of the objective mind, and include such faculties as Constructiveness, Acquisitiveness, the devotional faculties, and the social faculties.

Mrs. G., New York.—Many thanks for your words of appreciation concerning our closing exercises, and also for giving us, in your letter, two new suggestions which you heard on the night of the closing exercises concerning Phrenology. I think we must quote them for others to benefit by. One is that "Phrenology puts out the red flag and shows the danger signal;" another is, "Phrenology tells the reason why;" another is, "It is easy to stray, but not to return."

E. F. C., Chicago.—Many thanks for kindly sending us a clipping from "The Inter-Ocean." We gladly make use of it, and trust that you, as well as all our graduates, will send us from time to time interesting paragraphs bearing upon the subject of character.

J. M. Fitzgerald is a most progressive agent, sending us fifteen subscriptions in four days.

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"Your book received, and I am highly pleased with it.

"F. V. D., St. Louis, Mo."

"I have some excellent books from you in my library. I shall thank you very much for a catalogue of all books you have published, in order to make a selection therefrom. O. W., Havana."

"Please send me, as advertised in the PHRENOLOGICAL JOURNAL, 'The New Illustrated Self-Instructor,' for which I enclose $1. I came across the PHRENOLOGICAL JOURNAL last week while buying a newspaper. I am delighted with it, and will become one of its constant readers.

"L. L., New York City."

"Many thanks for the December PHRENOLOGICAL JOURNAL received. You are to be congratulated on the make-up of the number, and especially on the fine account given of the commencement exercises, dinner, etc. J. C., Brooklyn, N. Y."

"In looking over my receipt for last subscription to the PHRENOLOGICAL JOURNAL I found my subscription expired with the October number. As I still like the study, I cannot give up the JOURNAL I like the monthly visit it makes, so I have decided to subscribe for it again. I enclose Post-order for $1 for another subscription from October, 1903. I think the JOURNAL is fine, and hope you will continue to keep it that way. Wishing you success, I remain, J. B. L., Elizabethtown, Pa."

"I received the photos sent you and the Phrenological character description O. K. a few days ago, and am well pleased with it. O. H. S., Amboy, Ind."

"I have been reading the PHRENOLOGICAL JOURNAL since 1890 at leisure times, also have Students' Set in the same year. I have been studying ever since, and feel it has been a boon from Heaven as well as a blessing to the development of my own character and selfhood.

"A. C. E., Jackson, Tenn."

The American Institute of Phrenology, 24 East Twenty-second Street, New York, will hold its second regular monthly lecture in the hall of the Institute, Tuesday evening, January 5, 1904, at eight o'clock. J. T. Sibley, A.M., M.D., will lecture on "The Music, Art, and Poetry of the Subjective Mind." The chair will be taken by the president, Dr. Brandenburg. Phrenological examinations will be given to illustrate the points of the lecture.

The Philosophy of Water-Cure. The Development of the True Principles of Health and Longevity. By John Balbirnie, M.D., with the Confessions and Observations of Sir Edward Lytton Bulwer. Price, paper, 25 cents.

THE ANNUAL.

The Phrenological Annual and Register will be isued on January 1, 1904, price, 25 cents. Besides the usual field-notes and items of interest, there will be papers by Miss Doll, Mr. Drowatzky, Mrs. Dr. Smith, Mr. De Lancey Allen, Mr. W. Rockwell Kent, and Miss Adina Minott—students of the American Institute of Phrenology.

EXAMINATIONS BY PHOTOGRAPHS.

Inquiries are often made whether we can give a satisfactory examination from photographs.

Thousands of people would be glad to obtain from us a careful delineation of character and talents, but they live so far away from our office that they cannot incur the expense of coming. Such will be glad to know that they can procure, for the purpose, properly prepared photographs, with all the required measurements, and then receive from us a phrenological examination with advice as to proper occupation or choice of a business partner or life companion.

Ladies and gentlemen come to us with photographs of candidates for marriage; fathers and mothers do the same in behalf of their sons and daughters, and we have the thanks of many whom we have saved from much unhappiness.

Write for "Mirror of the Mind," which gives terms and full information.

The New Model Anatomical Manikin, price $10, is in many ways the best made, containing over one hundred views of the body, each fully subdivided, properly numbered and lettered, hinged to lay over each other and be opened or dissected, with a comprehensive manual which is much more than a mere key. It is lithographed in colors, on fine cloth-lined material, showing the adult human figure, one-half life size, with some special parts enlarged and of ample size for all class work. When not in use, folds and closes like a strong cloth-bound book, and is eighteen inches square.

"Deep Breathing." By M. L. Holbrook. $1. There are some people in the world who do not know how to breathe properly. This is a great pity, for we cannot live without air, though we can live without food. Professor Washburn suggests the following method:

Seek a chair, inclined at a comfortable angle, and then make inhalations and exhalations as long and as gradual as possible. He aimed at breathing without any perceptible effort. The process was so gradual with him that, to an observer, he scarcely seemed to breathe at all; yet by practice he so developed his lung power and lung expansion that he could inhale air for four or five minutes. It will tax a beginner to inhale air gradually for one minute.

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Professor Washburn's method is the gradual method. He began by inflating the abdomen, then the ribs, then the chest, all very gradually, and without spasmodic effort.

"RETURN TO NATURE!"

Preface to the Fourth Edition of. $2.

When I had finished the first edition of this book and sent it as a message of glad tidings into a world full of disease and suffering, full of worry and restlessness, full of misery and unhappiness, the earth was putting forth its first green and resurrection songs filled the air.

Three years have passed since then; men have not despised the glad tidings, but received them with joy and enthusiasm. The Jungborn, which is the heart and main artery of the enterprise, already blooms and prospers.

But in the meantime it has become necessary to expand and perfect my book in important respects.

While I am engaged on this fourth and enlarged edition, nature appears in her brightest colors. Solemnly and joyously the bells are announcing the festival of Pentecost. The spirit of Pentecost is about to descend.

During the past three years my cause has become widely known all over the world. But the cause is nothing without the spirit. In many places the true spirit is still wanting; sometimes, indeed, even a unclean spirit threatens to beset the cause.

May this new edition, with its many improvements, foster and spread the true spirit!

Filled by this sincere wish, I send these old and many new teachings once more into the world, to all men and women who are seeking and longing, who are weeping and lamenting, who are groaning and sighing.

Adolf Just.

The Family Physician. A Ready Prescriber and Hygienic Adviser. With reference to the Nature, Causes, Prevention, and Treatment of Diseases, Accidents, and Casualties of every kind. With a Glossary and a copious Index. By Joel Shew, M.D. 816 pages. 279 illustrations. Price, cloth, $3. The remedies used are hygienic, and the directions are given for home treatment, which will, in the majority of cases, enable the reader to avoid the necessity of calling a physician, and the laws of life and health are made so plain as to enable one to avoid sickness and the infirmities which come from a violation of the conditions of health.

Notes on Beauty, Vigor, and Development; or, How to Acquire Plumpness of Form, Strength of Limb, and Beauty of Complexion, with Rules for Diet and Bathing, and a Series of Improved Physical Exercises. By William Milo, of London. 23 illustrations. Price, 10 cents.

Accidents and Emergencies: a Guide Containing Directions for the Treatment in Bleeding, Cuts, Sprains, Ruptures, Dislocations, Burns and Scalds, Bites of Mad Dogs, Choking, Poisons, Fits, Sunstrokes, Drowning, etc. By Alfred Smee, with Notes and Additions by R. T. Trall, M.D., 32 illustrations. New and revised edition. Price, paper, 25 cents.

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Marriage: Its History and Ceremonies. By L. N. Fowler. With a Phrenological and Physiological exposition of the functions for Happy Marriages. Twenty-second edition. 12mo, 216 pages. Illustrated. Cloth, $1. The first sixty-nine pages of this work are devoted to the History of Marriage, and to a description of the various methods and customs which different nations and tribes from the commencement of the world to the present time have adopted to gratify their sexual nature, with suggestions in relation to those qualities which should and those which should not exist in husband and wife, etc.

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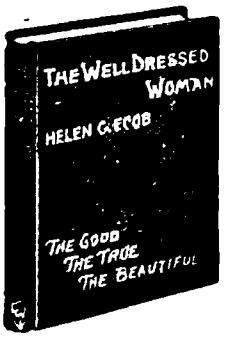
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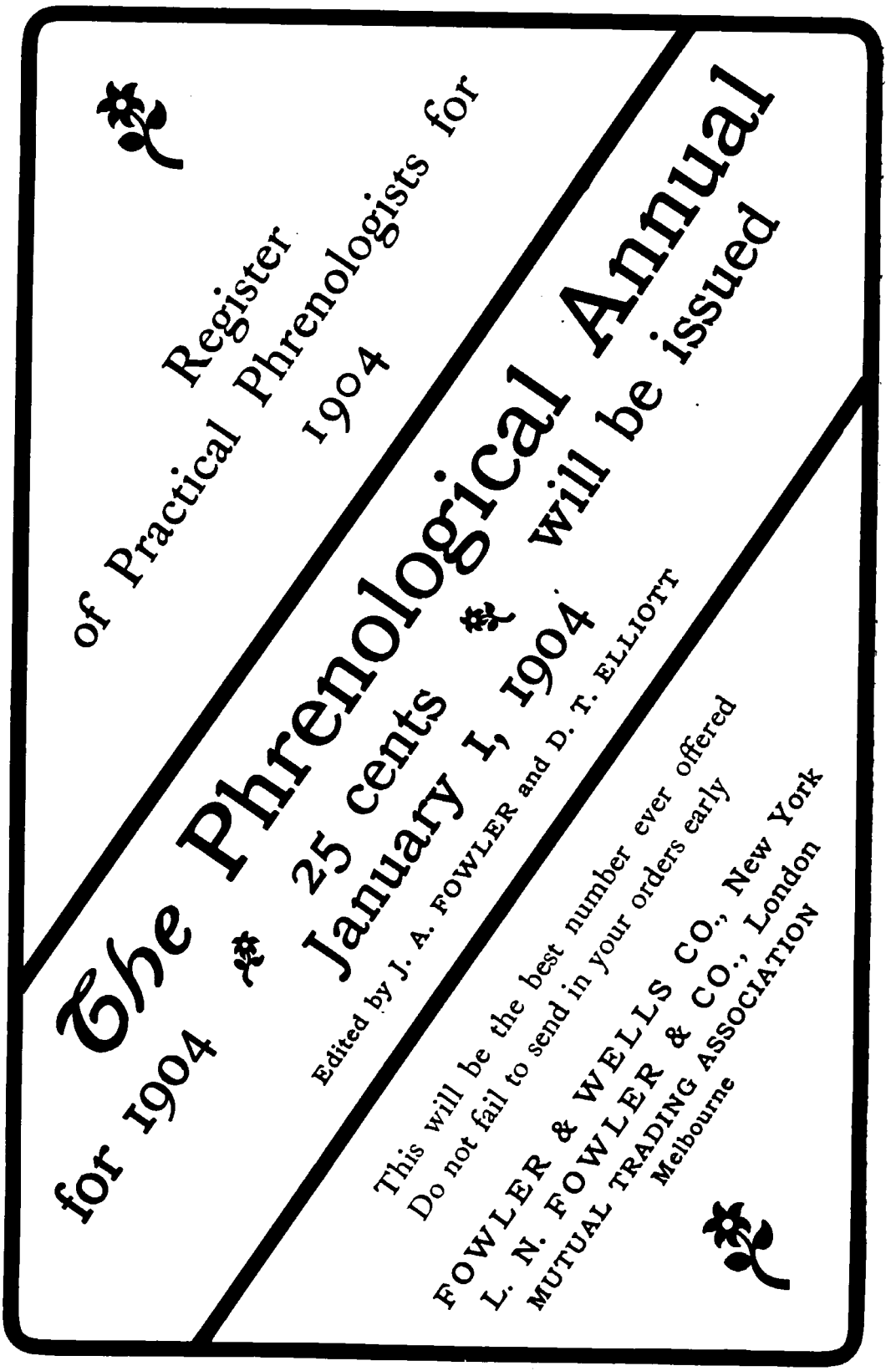
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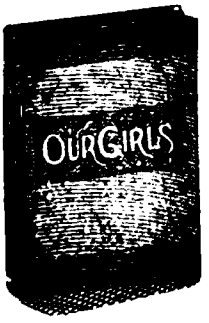
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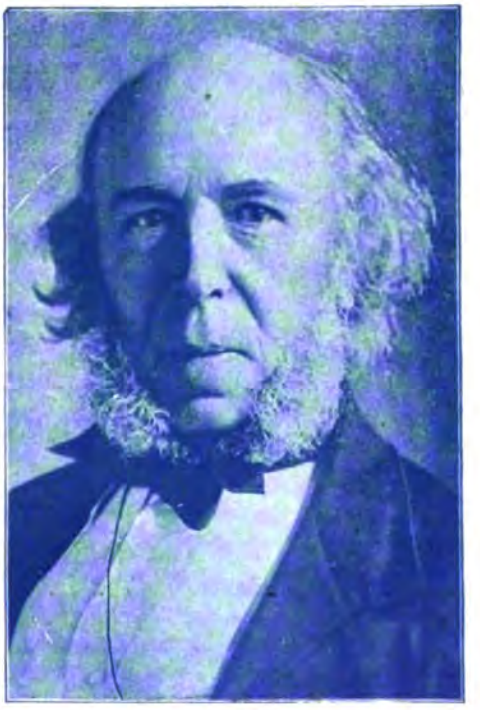
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CONTENTS FOR FEBRUARY, 1904

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PAGE

I. **Herbert Spencer, the Great Philosopher and Prophet of Evolution.** An Appreciation of His Life, Work, and Character. By J. A. Fowler. Illustrated - - - - - - - - - - - - - - - 35

II. **Our Lincoln.** By Margaret Isabel Cox - - - - - - - - - - - 40

III. **Moses's Heredity as a Means of His Greatness.** By Rev. C. E. MacGinness - - - - - - - - - - - - - - - 41

IV. **Practical Psychology** - - - - - - - - - - - - - - - 43

V. **Wolves in Men's Clothing.** By N. A. Clapp, F.A.I.P. - - - - - 45

VI. **People Talked About.** Adelina Patti, by J. A. Fowler; A Study of Young Corbett's Face, by Simon P. Goodhart, M.D.; A Phrenological Analysis of Three Captured Murderers, by J. M. Fitzgerald. All Illustrated - - 46

VII. **Exercises for February.** By Captain Jack MacDonald - - - - - 50

VIII. **Science of Health.** Science and the Bible. By Dr. E. P. Miller - - 51
Factors in the Treatment of Disease. By Chas. H. Shepard, M.D. - - 54
Truthfulness in Individual Character. By Julia Colman - - - 55-62

IX. **Psychology of Childhood.** By Uncle Joe. At Bedtime. The Mother's Part (II.). Number 621. Maurice Lund Becker. Illustrated - - - 56

X. **The American Institute of Phrenology.** Lecture by Dr. Sibley. Illustrated with Pictures of Beethoven and Mendelssohn - - - - - - 59

XI. **Editorials.** Herbert Spencer. The Study of Psychology - - - - - 63

XII. **Reviews.** Annual Report of the Department of the Interior, Washington. Psychic Life and Laws on the Operations and Phenomena of the Spiritual Element in Man, by Chas. Oliver Sahler, M.D. Sea Drift, by the Rev. Antoinette B. Blackwell - - - - - - - - - - - - - - 65

XIII. **To New Subscribers** - - - - - - - - - - - - - - 66

XIV. **Field Notes** - - - - - - - - - - - - - - - - 67

XV. **The Fowler Institute** - - - - - - - - - - - - - - 68

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Herbert Spencer.

THE GREAT PHILOSOPHER AND PROPHET OF EVOLUTION.

AN APPRECIATION OF HIS LIFE, WORK, AND CHARACTER.

WHEN A CHILD.

The characteristics of the late Herbert Spencer were quite unique. From a child he was allowed to grow up without the serious restraints (if we may call them so) of school life. He was always studious, and his originality of mind was not disturbed by the college curriculum. He therefore had a fine chance from the beginning of life to look upon all matters with a singular independence of mind. On this account he showed more direct personal strength of opinion than he would have done if he had suffered from the restraints of college and university life.

QUALITY OF ORGANIZATION.

His quality of organization was remarkably fine and there are indications that he came from a highly cultured stock. His features were regular and well defined and expressed much strength of intellect and concentration of mind. The latter showed itself in the length of the face from the tip of the nose to the upper lip. All persons possessing great concentration or application of mind possess this particular length from the nose to the lip. It was noticeable in McKinley, in Sir Joseph Lister, in Grant, in Queen Victoria, Sir Walter Scott, the Hon. John Hay, Mr. Charles Scribner, Sr., and Louis George Janes, among others.

THE CHIEF TEMPERAMENT.

The temperament of Herbert Spencer was an exceedingly interesting one, it being a high order of the mental, compared with the vital and motive temperaments. The latter two were not equal in strength with the mental; hence his physical organization was not able to cope with the demands of his mental activity. He was particularly interested in intellectual subjects that require keen investigation, and his life work has been done essentially with brain material. This was not nourished by a sufficiently strong constitution; hence numerous periods of rest were necessary for him to accomplish his work. Looking again at his features one notices the deep furrows on each side of his cheeks. These showed

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that he had a decided interest in broad general, socialistic, religious, ethical, and political problems.

He would probably have died at sixty had he possessed a smaller nose or a weaker chin. These were redeeming features and indicated his power to generate vitality. When we remember that he lived to be over eighty (having been born in 1820), we can realize that there must have been some compensating influences that enabled him to overcome his physical want of endurance.

FINE INTELLECT.

Herbert Spencer possessed a fine intellect, and he was able to use it availably. He did not hygienically keep within the limits of his strength, but considering his long and toilsome work, he was able to utilize his capacity with a masterly skill. Though not an academic scholar, he was one of Nature's noblemen. His mind had not its originality knocked out by scholastic formulas, neither was it depressed within narrow prescribed limits; he showed liberty of thought, and the majesty of his own individuality; hence his ideas came with an apparent freshness.

Ill health, as a rule, does not militate to the advantage of an individual's work, but in Herbert Spencer's case he utilized his waiting periods by giving much reflection to subjects of public moment.

His head showed several remarkable characteristics, and few men were like him or even approached him. He has been compared with Aristotle, Kant, Hæckel, also with Hobbes, Descartes, and Leibnitz. These philosophers commenced what Herbert Spencer finally succeeded in accomplishing, and although he was not entirely original in his views or theories, yet he was a man who consummated and adapted what others had failed to unite in one grand philosophy. Therefore he will stand out in the ages as a magnificent type of a scholar, and will really head the list of those philosophers who gave to the world their best endeavors. But it took a Herbert Spencer to complete their work.

HIS OBJECTIVE MIND.

Herbert Spencer presented in his organization a strongly developed objective mind. This was shown in his lofty forehead as well as in its breadth and fullness. Causality, which is the prime factor or dominating faculty in the work of philosophy, was strongly accentuated in his case, as all his photographs indicate. It was not difficult, therefore, for him to commence a train of thought and continue it until he had satisfied himself that he had exhausted the subject upon which he was writing. He erred, perhaps, in being too discursive or in enlarging too copiously upon his ideas. One of the criticisms given to his work is that he elucidated his ideas and enlarged on his thoughts too much. Some people have not the power to do this. They say everything in a direct manner, without attempting to unfold their ideas in the least.

The trend of the present day calls for concentrated thought, and consequently Herbert Spencer's writings are wearisome to the class of people who want everything boiled down in a nutshell.

COMPARISON.

He had also a large development of Comparison, or the faculty that psychologists call the power of analysis. He was exceedingly critical, especially in the way in which he dealt with Ethical and Political subjects; consequently his magazine articles attracted a large share of attention, first, for their originality, secondly for their trenchant and analytical power, and thirdly for their independent spirit.

The organ of Comparison, located next to Causality, seemed to catch the spirit of the latter, and consequently was ever ready to lend its interest to abstract thoughts.

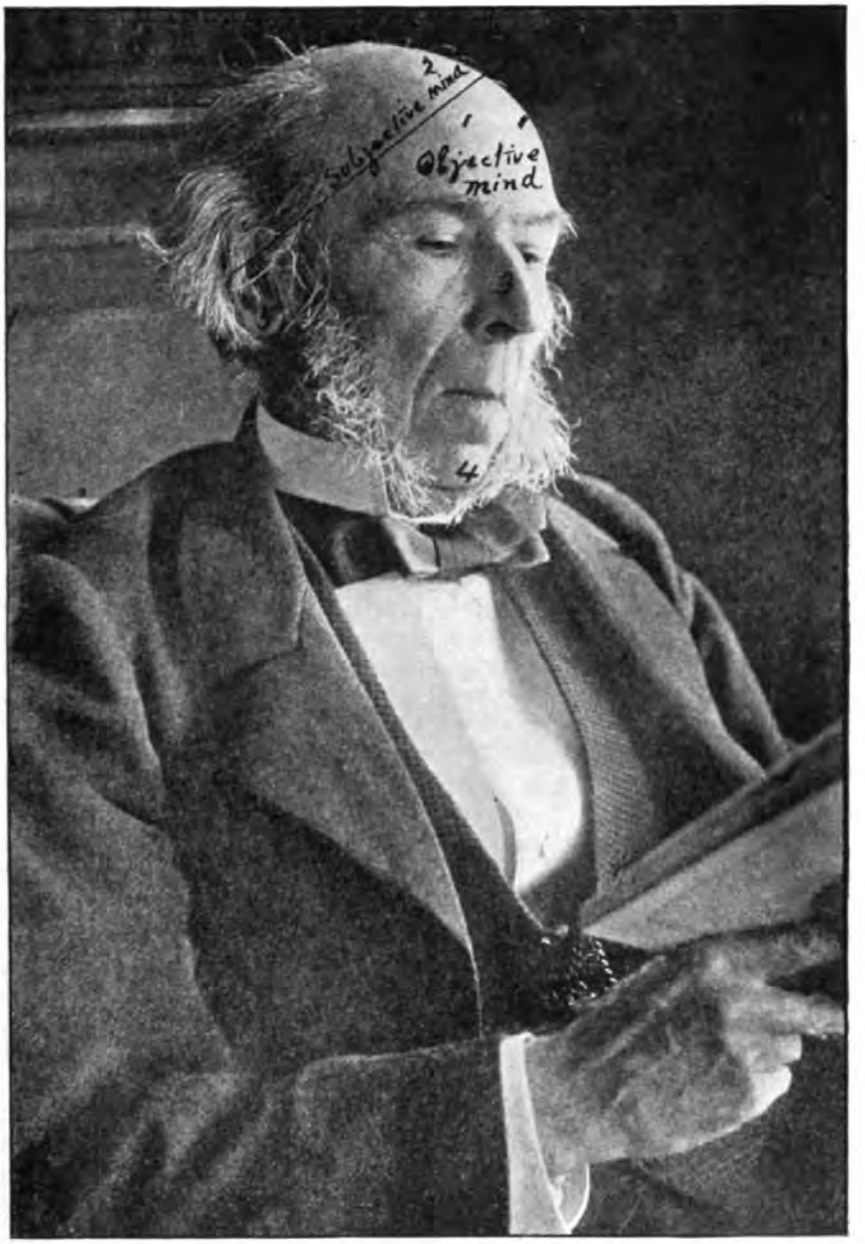
His head was high; in the development of Human Nature, Benevolence,

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and Firmness, he was a broad-minded, liberal thinker, and was not a narrow, bigoted believer, and this may account

LANGUAGE.

His language was forcible, though obscure at times. He liked to attack



HERBERT SPENCER.

1. Causality. 2. Benevolence. 3. and 4. Indications of long life.

somewhat for his original way of expressing his views upon the "doctrine of the unknowable." Difficulties encouraged him rather than the reverse. thoughts that were difficult to comprehend, and the greater the difficulties the more he felt disposed to battle with them. Mental philosophy was a delight

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to him, and in all mental phenomena his mind sought to cover the whole ground, and where that work is attempted the result is not always so satisfactory as when one concentrates one's efforts upon a few lines of thought.

HEIGHT OF HIS HEAD.

His head was particularly high from the opening of the ear to the highest point in the coronal region, and this fact emphasizes one strong characteristic of his, namely, a love of justice and equity, and according to his intellectual light, he endeavored to express his consecration to the truth as he saw it.

LABORED WITHOUT REWARD.

He labored for years, without hope of reward, and lived economically on a very slender income, and without expecting recognition he devoted himself to the instruction of the world, which he believed to be centered in "the first principles" of truth, with the heroism and self-sacrifice that are all the more worthy of honor because they were unconscious. But when the honors came to him, his mind was not prepared to receive them, and he worked along alone, without the so-called distinctions from royal societies and universities which most men covet.

We do not agree with one critic of Herbert Spencer, who says "that he had outlived his fame and his influence. His voice will not be heard now, for the generation for which, as well as to which, he spoke is passed."

We believe instead that his influence will remain through all the ages, and that everyone who reads his philosophy will agree with his general trend of thought. We realize that his writings have had a very searching influence upon the past century, and will have an undeniable influence on all the future centuries that follow his work.

But we heartily agree with another view, given by the same writer quoted above, "that the beliefs prevalent in the universe to-day are more simple, more amiable, more popular; which state of things is the result in no inconsiderable measure of the interpretation of its thinking, given to it by Herbert Spencer."

He was remarkable for his far-seeing mind, and lived in advance of his age. Men have been slow to accept his adopted philosophy of evolution, which "German writers had formulated one hundred years earlier," especially by Herder and his philosophic principles, concerning which Spencer wrote in his articles (published in the *"Zoist"*) in 1844 and showed his acquaintance of and belief in Gall's System.

DEDUCTIVE THOUGHT.

His literary talents showed a decided leaning toward the realm of deductive thought, conjecture, hypothesis, philosophy, etc. He was in his element when he was at work in those particular lines.

Herbert Spencer reasoned and argued from deduction rather than from facts or observation, and he used his reflective mind rather than his perspective or scientific faculties. He did not always stop to prove his statements, but he caused his arguments to rotate through a process of thought in mathematical calculation.

His organ of Language joined with his Ideality, Constructiveness, Causality, and Comparison, helped in making him a delightful conversationist. Fortunate were the individuals who had an entrée into his secluded company.

That there were defects in his method of working is not to be denied, especially as he failed to introduce sufficient inductive reasoning into his work, although the few instances where he did this were brilliant, commanding, and suggestive. Much of his work was outlived in principle, before the evidence of the result was at hand. This led to a selection of evidence, and consequent inadequacy.

COMPARED WITH DARWIN.

As in a former article we took occasion to compare Spencer with Darwin, we again take occasion to show that these two writers took opposite ways of stating their ideas.

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Darwin based his ideas upon inductive reasoning, and rejected hypothesis after hypothesis until gradually, from an immense collection of facts, the truth appeared to him. Even Huxley, at first hand, with the greater part of the facts on which he built, rejected hypothesis. But it is acknowledged on every hand that Spencer's facts were largely borrowed, when he used facts at all; and thus he carried over into his results errors that lurked in their sources.

A UNIFIED WORLD.

It is undeniably true, however, that the significance of Spencer's work will ultimately be found to exist more in the fact that he, rather than any other man in modern times, made the idea of evolution current and commonplace, and that he sought to break down the barriers between philosophy and science, making both deal with a real world, and holding up to men's minds the idea of a complete unified world and a completely unified system of knowledge.

The publication of his autobiography will be looked for with much eagerness, which he prepared a few years before his death, as all who have become intimate with his writings will gladly possess this, as it treats of more details of his life.

He was much of a recluse, and his dislike of all notoriety kept him from the public gaze. Those who knew him intimately, however, spoke of his genial and kindly manner, and of his generous consideration of others, which accords with the outline of his head.

"He had happily lived to finish his great philosophical work, "A System of Synthetic Philosophy," and had seen it approved by the scientific world. This was no easy task for him to accomplish, for he was handicapped by pecuniary embarrassments and physical suffering, but steadily devoted forty years of unremitting toil to building up his system of philosophy, than which there exists no greater example of individual attainment.

"No other man has shown so clearly the essentially beneficial nature of the cosmic process, no one else has builded such stable foundations for lofty ideals, and none has furnished a more enduring basis for optimism in its highest sense. And an optimist he was, consistent and unchanging. Few men have exhibited at once such clearness of intellectual insight and such patience and toleration in combating bigotry. His controversial writings were at all times good-natured, dignified, and appreciative of the other point of view. It was this, together with his seemingly exhaustless fund of information, that rendered him invincible in intellectual combat. Devoid of all the arts, his argument carried conviction to thinking minds throughout the world. Modest and unobtrusive, he was intellectually supreme. He was in many respects without parallel in history. No other man at so early an age conceived a work of such magnitude and lived to carry it to a logical completion. No one else has combined such splendid intellect with such responsive personal sympathy.

"His work is in the truest sense religious because the scope of it is broad enough to include religion with all other phases of human development. It is moral because it makes wholly for the improvement of mankind. It is ethical because it seeks to know justice in its ultimate nature."

For an account of his life, we refer our readers to the PHRENOLOGICAL JOURNAL, April, 1897, as we think it is unnecessary to repeat much that has now become an historical fact connected with his writings.

His work on "The Principles of Psychology" is one of the finest phrenological works that has been written, and it thoroughly accords with the earlier theories of Dr. Gall. Anyone who reads and believes the trend of thought expressed in the above-named work cannot reasonably disbelieve the evolutionary principles of the mind laid down by Phrenologists.

J. A. FOWLER.

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OUR LINCOLN.

By Margaret Isabel Cox.

Our Lincoln! Here is to the Man
Of leal and loving heart,
Of kingly spirit, royal soul,
God-chosen, set apart!
Our Lincoln! Here is to the Man
Who held with loyal love
The Nation's life and fashioned it
With wisdom from above!

Our Lincoln! He whose faith sublime
Rent veil of dark in twain,
Who saw the South low kneel with North
In Freedom's sacred fane.
Our Lincoln! Ours! No East! No West!
One people, loyal, leal!
No North! No South! Thank God we are
One for dear Country's weal!



ABRAHAM LINCOLN.

Born February 12, 1809. A man of sound convictions; of undaunted courage; of sterling qualities; of broad sympathies; of philanthropic desires and noble aims.

Our Lincoln! Aye, the North and South
A mem'ry tribute pay.
Our Lincoln! Yours and mine! Aye, ours!
The great are ours alway.
Our Lincoln! Here is to the Name
Immortal! Here is to
A love-united people! Here's
To all who love the Blue!

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Moses's Heredity as a Means of His Greatness. (2)

By Rev. C. E. MacGinness, A.M.

(*Continued from page 8.*)

"(1.) Heredity is one of these. It affected Moses's greatness.

"Heredity was as the foundations of Cologne Cathedral Towers—sixty feet deep. Seven generations of clergymen culminated in Emerson; seven generations of pioneers culminated in Abraham Lincoln. Moses's physical heritage from parents of toil not only gave him human sympathy, deep-rooted and broad as mankind, but was itself a fund of energy, which lasted even to old age. He was an example of a sound body, large vitality, 'nerve,' but no 'nerves.' Other things helped to make him a man at home in the republic of letters. This helped make him a citizen in the world of human interests. If we could only choose our fathers and mothers! Some think that all the choices we are free to make in a life-time are scarcely worth mentioning in comparison with the importance of this choice, which is made for us.

"But preaching Heredity is not locking the barn after the horse is gone. It is true, man's past does hold a mortgage on his future, but let him repudiate it solemnly, and Heaven will not only let him, but will help him to free himself successfully and earth will enroll him among its good, possibly among its great.

MOSES'S RELIGION AS A MEANS OF HIS GREATNESS.

"(2.) This is the second element that enters into Moses's greatness—his religion. It is the one solitary thing in this world that is mightier than the sum total of all the inheritances of accumulating generations. Before the real thing, Heredity acknowledges a master. In the shock of their impact, as in their more quiet and subtle grappling for the supreme contest, Heredity must either be wiped out or else receive a new sanctifying direction.

"By the clever trick of a mother's love, the religion Moses was taught as a child was the true one. Its moral consciousness of God shone like a star, unquenched by Egyptian darkness, undimmed by nineteenth century light. That star gave a view of the world which transcends all the relations of time and all national and racial peculiarities. It lights us as it did men of old, for it reveals the Eternal; and what is eternal is always with us. This is its glory: that, while it exalts Jehovah above the heavens, it places man's hand in His. In this grasp of Omnipotence, with this hold upon Heaven, it does not matter whether we are born with a silver spoon in our mouth or not. A little effort, and we have a gold one.

MOSES'S EDUCATION AS A MEANS OF HIS GREATNESS.

"(3.) And yet he must never forget that it took more than religion to make Moses what he was. Something there was that took everything there was in the basket of bulrushes on the waters; that gathered up all the forces that religion had sanctified in that boy, and raised them, as you say, to the 'nith' powers had a marvelous education. He was learned in all the wisdom of the Egyptians. To Stephen, this explained why Moses was mighty in words and in deeds. It was neither birth nor religion alone. He mentions both, but accentuates this—Moses was instructed.

"Every lazy boy or girl may well pity the boy who is heir to a throne. Trained specialists make his life a burden indeed. There are so many things a sovereign must know. Egypt had no salic law. A woman could both possess and bequeath a crown; a fact

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which explains the importance of Moses's refusal to be called the son of Pharaoh's daughter, and the crisis which that refusal marked in his career.

"A nation's greatest man is at once a repository and an exponent of the best the nation contains. While not an Egyptian himself, Egypt gave him her best; and no estimate of Moses has any value which discounts that gift. To reach the time of our keenest interest, when Moses was chief actor, we have to follow a civilization which starts with the maturities of Menes as a base and rises through nineteen successive dynasties, some of them of great length, to the days of the empire under Rameses the Second, when it flowed in full glory, time's richest in monuments, sculpture, and painting. . . . It was no small thing for Moses to live in such a time, but what must it have been to receive forty years' instruction as possible heir to the throne. . . . Has Egypt done more for the world than she did for Moses, who was learned in all her wisdom? Has not her chief contribution come from Moses, whose words, indeed, full of blessing for all time, embody and preserve so much that was good in a civilization that has passed away.

"God gave Moses a postgraduate course in the wilderness, a change as sudden and startling as awaits the graduate when he has spent his last dollar framing his diploma and steps out to win his way in the world. God is not afraid of too much preparation. Forty years and Moses's learning will have settled, leaving his head clear. . . . What Egypt was to Joseph, Arabia was to Moses.

"Such, in a word, was the secret of Moses's greatness—a good heredity, born near the base of the human pyramid, in living touch with all that is elemental, universal, and everlasting in humanity; a good religion, able to master and direct anything whatsoever that can be inherited; and an education broader, deeper, more varied and prolonged than that possessed, probably, by any man of his generation."

"Homiletic Review."

THE STRONG PHRENOLOGICAL DEVELOPMENTS OF MOSES.

(1.) Large Continuity gave Moses infinite patience. (2.) Large Firmness gave him a titanic will. (3.) Very large Benevolence gave him thought for his people. (4.) Large Causality gave him good judgment. (5.) Very large Conscientiousness gave him a keen sense of duty. (6.) Large Veneration gave him respect for God. (7.) Large Spirituality gave him implicit faith. (8.) Large Destructiveness gave him massive energy. (9.) Large Combativeness gave him herculean courage to overcome obstacles.

A CORRESPONDENT.

Mrs. S. C. T., Pittsburgh, Pa.—Many thanks for sending us a page of the "Pittsburgh Dispatch," which gives the doings of the Juvenile Court in your city. We note with interest that two little unfortunates were sent to the Polk Institute, Pa., where you kindly suggested that two other children be sent about whom we had an inquiry a month or so back. We believe with you that the superintendent would be greatly benefited by taking a course at the American Institute of Phrenology. He would, as you say, be better able to advise parents on the training of children. One article on the page was particularly valuable, written by William D. Shearer, A.M., Ph.D., Superintendent of Schools, Elizabeth, N. J. We wish this article could be read by every superintendent in the country. Mr. Shearer's own experience in advocating the study of temperaments is valuable, especially as he has found that such study has been of more use to him in the management of children than weeks and months spent in an early study of Psychology.

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Practical-Psychology.*

"CONCENTRATION" OR "ATTENTION."

What is the Meaning of "Attention," According to the Standpoint of Psychology and Phrenology?

Psychologists admit that attention is a very important condition of all mental operations. They say that there is no distinct thinking, no vivid feeling and deliberate action without attention. This co-operation of attention is especially conspicuous in the case of intellectual operations. The objects that present themselves to our senses are only clearly discriminated, one from the other, and classed as objects as such and such a class when we attend to them.

The writings of Lock, Hume, Mill, and Herbert Spencer show how the higher faculties of the mind are pure products of the experiences, and experiences supposed to be of something simply given, but the above-named writers ignore the phenomenon of attention, as Prof. James clearly points out. The latter psychologist states that "Attention, implying a degree of reactive spontaneity, would seem to break through the circle of pure receptivity which constitutes experience, and hence must not be spoken of under penalty of interfering with the smoothness of the tale." He says "that everyone knows what attention is. It is the taking possession by the mind in clear and vivid form of one out of what seem several simultaneously possible objects or trains of thought."

Focalization, Concentration of Conciousness are of its essence. It implies withdrawal of some things in order to deal effectively with others, and is a condition which has a real opposite in the confused, dazed, scatterbrained state which in French is called distraction and der streutheit in German.

Psychologists suggest two methods by which attention shows itself in brain action. One in regard to external impressions where sights or sounds make up the world of sense, and the second direction which includes internal images, ideas, and thoughts.

In these two directions Phrenology is fully demonstrated, for the latter shows that the mind is capable of being influenced through external and internal conditions. First through the senses, such as sight, hearing, etc., and secondly, through the organs that give direction to the senses. In this we see that Phrenology and Psychology agree, but Phrenology is more definite because it points out in what direction the attention can be used, while Psychology does so only in the abstract by calling to mind in a general way how attention is directed without recognizing any definite localization of any function of the brain that controls this power.

Psychologists talk of "effects of attention" by which they mean that attention serves to give greater force, vividness, and distinctness to its object through certain effects. They speak of "the Physiology of Attention," and they even go so far as to indicate that "the seat of Attention appears to be situated in the higher region of the nerve centers in the cerebral hemispheres." This sounds as though Psychology actually recognizes a location for Attention, but we must not presuppose that it means anything of the kind, although Sully does admit that "the mechanism of Attention probably involves an intensification of nervous activity in certain regions of the brain which is affected by means of an impulse sent forth from the supreme controlling centers."

Sully also mentions the fact along

*Digest of a chapter of a new work on "Practical Psychology," now in the Press.

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with this concentration of nervous energy in certain definite regions of the brain, the act of external Attention involves important muscular adjustments, such as directing the eye to an object, which are necessary to the reception of distinct sense impression. Evidence is not wanting that the organ of Continuity or Concentration of Attention is located in a certain region of the brain, and that location is where scientists have also demonstrated the fact that the location of the power of the mind called Concentration of Attention receives its stimuli from the lobes of the corpora quadrigemini or the optic lobes, and as the center of vision, or the visual center, has been located in the posterior lobe of the brain, we find a correspondence of evidence on this question.

Professor James, in his chapter on Attention, speaks of "Organic adjustment, and ideational preparation or preperception," which are "concerned in all attentive acts," and he refers to the interesting theory, defended by Professors Bain, Ribot, and Lange, who believe that "the ideation preparation itself is a consequence of muscular adjustment, so that the latter may be called the essence of the attentive process throughout." This proof, Professor James says, "consists in the exhibition of cases of intellectual attention which organic adjustment accompanies, or of objects in thinking when we have to execute a movement. Thus, Lange says that when he tries to imagine a certain colored circle, he finds himself first making with his eyes the movement to which the circle corresponds, and *then* imagining the color, etc., as a consequence of the movement."

Psychologists again speak of "non-voluntary and voluntary attention." When the mind is acted upon by the mere force of the object presented, the act of attention is said to be non-voluntary or involuntary. It may also be called reflex or automatic because it bears a striking analogy to reflex movement. On the other hand, they say, when we attend to a thing under the impulse of a desire, such as curiosity or a wish to know about a thing, we are said to do so by an act of will. These two modes of attention, though properly distinguished from each other, are both acts of the mind, and will be found to shade off into one another. According to Phrenology, we find that such a stimulation as voluntary and non-voluntary attention is due primarily to the development of certain powers of the mind, and external conditions which influence the mind for the moment. Where the mind acts voluntarily in a certain direction there must be a certain mental stimulus which prompts that voluntary action, and instead of vaguely looking for some abstract reason for this voluntary impulse, Phrenology demonstrates that there must be a mental faculty which presides over the product of the mind called Attention.

Psychologists again speak of the "Law of Contrast," and state that through a variety of images set up in the mind the attention can be prolonged to a certain degree, but if the mind is allowed to become weary of its impression, the attention can only be aroused by some contrast, as, for instance, the noise of the mill, which soon ceases to be noticed by one who lives near it. The same might be said of a Brooklynite who lives in Columbia Heights, he can sleep when he becomes accustomed to the tooting of the whistles on the river, while a stranger in that neighborhood would be aroused every time a shrill whistle blew.

Psychologists cannot, however, state which nervous center is influenced when a person shows (1) concentration of attention or (2) power to draw contrasts, while a Phrenologist has frequently done so.

We might go further and take up each interest that is mentioned by Psychologists as a means of calling out attention, and while Phrenology points out that many faculties of the mind are used by the faculty of Continuity in which to center its attention, it can

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go further than Psychology in mentioning what faculties are used in "Associated Attention," or "The variety of attentive power."

One Psychologist has expressed the Phrenological idea exactly when he says that "teachers would be saved from many errors if they had a more exact knowledge of the effects on the attention of novelty and subject," and teachers would be more greatly helped if they knew what subjects would attract certain children's minds, and be able in this way to produce good results.

All that Psychology can do in regard to the knowledge on the functions of each individual mind is simply to wait developments, and simply by observation recognize the interest that a child takes in a certain line of studies, while Phrenology can, through its theory of the evolution of the mind, suggest to a teacher what subjects a child will be willing to fix his attention upon and what studies he will need the most help with.

References: James, "The Principles of Psychology"; Sully's "The Teacher's Handbook of Psychology"; Marie Edgeworth's "Essays on Practical Education"; Perez's "First Three Years of Childhood"; Arthur Sedgewick's "Three Lectures on the Practice of Education"; Locke's "Some Thoughts Concerning Education."

Wolves in Men's Clothing.

By N. A. CLAPP.

It is very evident that it is not only the corporate magnate, the public-works thief, the post-office intriguer, or the political boss that is working under plans of deception to wring from the credulous public large sums of money with which to fill their own coffers, but the spirit of greed, this modern craze for wealth, is permeating the great mass of society, and many branches of business are carried on under the guise of respectability and at the same time robbing people of their money, and endangering the lives of hapless individuals and sending to an untimely grave innocent children.

The breakfast foods that sell for a superior article for from three to five times the price of good whole wheat flour or corn meal is not worth as much as a nourishing food for either muscular or brain work as these staple articles. They are lauded with glowing terms, but certainly can be no better than the elements that compose them. A secret formula under which bran and gluten substances are mixed does not add to its real value as food. The milk and sugar with which it is eaten make it more palatable and add to its value.

The man who sells coffee berries, nicely browned, made out of dough, may not be poisoning the victims, but is charging an enormous price for the article he sells. But when the so-called coffee berries are rolled out of blue clay and other adulterants, how does it affect the stomach, liver, and kidneys of the consumers? It opens a business for the nostrum vender, that sells the stomach, liver, and kidney medicines, and so business is kept constantly going while the victims are robbed on both sides.

The man who gathers rancid butter from the cellars of the grocery man and puts it through a so-called renovating process, and sells it for fresh creamery butter, may pose as a saint, but is persuading the consumer to take

Continued on page 53.

A PRIZE OFFER.

A year's free subscription will be given to the person who sends the best sketch by May 1st of the man described as a "Wolf in Man's Clothing."

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People Talked About.

Adelina Maria Clorinda Patti, the famous prima-donna and operatic diva, who is now making a tour of this country, has been the most popular singer of her time, and her professional career has stretched over a period of fifty years. She was born in Madrid in 1843, her father being a Sicilian and her mother a native of Rome, and both operatic singers. Thus as an inheritance, Patti has come legitimately by her wonderful vocal gift and sweet disposition. 'Twas at an early period that Patti came to New York City with her parents, where she received her first instruction in singing. At the remarkably early age of seven years she made her first appearance at a concert in New York. When about fifteen she made a tour of the British provinces with Strakosch and Ole Bull, and subsequently accompanied Gottschalk, the pianist, to the West Indies. She afterward sang in all the principal cities of Europe, Mexico, and South America. It was during 1881–87 that Madame Patti appeared in opera in Great Britain, Mexico, and the United States, and it was at that time that we had the pleasure of hearing her on several occasions in London, both in opera and in oratorio. She was in the prime of life and stood at the top of her profession.

Her first farewell tour in the United States was made in 1893. During the last ten years she has sung at annual concerts, but less frequently than previously. At her home in Craig-Y-Nos, Wales, Madame Patti has erected a theater of her own. Here she gives annual entertainments, when she invites her neighboring villagers.

Madame Patti's Mentality shows itself in her artistic and musical qualities. She has a superior mind to appreciate music and art, and the faculties of Tune, Time, Weight, Ideality, Sublimity, Human Nature, and Comparison are well developed and manifest themselves in marked activity. In a recent concert in New York City we had the pleasure of listening to her again, when she manifested much of the old genuine ardor and passion for music that characterized her singing in the eighties. It was not to be expected that she could show the volume, range, and flexibility of voice that she previously showed, but sufficient of these elements were present to indicate the wonderful training and culture that she had always exhibited, and these she will never lose. She recalled to our mind the old Patti of former days and her wealth of grace, geniality, and youthfulness, which she will carry with her as long as she lives.—J. A. F.



ADELINA PATTI (BARONESS ROLF CEDERSTROM) AS SHE IS NOW; WHEN SHE WAS EIGHT AND TWENTY-ONE.

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AN EXPERT'S STUDY OF CORBETT'S FACE REVEALS ALL THE QUALITIES OF A CHAMPION.

An analysis of the various elements that make up the face and head of Young Corbett enables one to discern some striking points of character which explain much of his success. The frontal aspect of the cranium, well formed, not retreating and relatively high, indicates good frontal lobe development. This feature, together with the prominence of the skull just over and between the eyes, adds good perceptive powers to other mental faculties. The lateral skull measurements as indicated by the distance between the ear and eye and their relative level, together with the height of the cranial vault midway between these, shows further mentality not commonly observed in this class of society.

Cranial measurement and contour alone are known to have only a relative value and must be regarded in their association more especially with other facial indications.

GOOD MENTAL POWER SHOWN.

The eyes, set well within the orbits, not too closely together and having a full aspect, are clear, and alone, while adding to the cranial evidence of good mental power, likewise confirm the impression that one gets from other parts of the face that determination and purposive action are not lacking. There is something in the eye that suggests power of dissimulation, and this trait, together with the evidences of self-restraint and self-possession, lends valuable aid in the exercise of judgment so necessary to good ring generalship.

The weak part of the face is found in the nose, which is straight; taken by itself it lends no strength to the features. It is, in fact, very common-



Courtesy of the *New York Journal*.

YOUNG CORBETT.

The line shows the division between the Objective and Subjective Faculties.

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ly observed that in the scale of mentality represented by this class the strong types of nose are rarely found.

HE HAS A STRONG JAW.

The jaw, as shown by the chin and in its lateral development, as indicated by its breadth, is a strong feature of the facial structure. In it firmness and pugnacity are strongly represented, and it, together with the indications furnished by the mouth, shows a character well calculated for decision, endurance, and strength of will. The ears are small and well formed, presenting no signs of degeneration so frequently found in pugilists.

On the whole, one may say Corbett's head and face indicate that he is a man of good judgment, with splendid self-control, strength of will, and grim determination. He is a good student of human nature, and with quick perception will soon size up his opponent's tactics. With a mentality such as is indicated by Corbett's head and face there is required only musculation and skeletral framework of prime quality to make him a splendid specimen of the modern ring gladiator.

The above report, it will be noticed, is largely based on Phrenological calculations. The expert is an associate of a celebrated neurologist of Columbia College. Here is one more proof of how Phrenological data is being used, understood, and accepted by medical experts to good account; in fact, Phrenology is the surest grounds upon which to build a correct estimate of such a man as Corbett.

By SIMON P. GOODHART, M.D.

PHRENOLOGICAL ANALYSIS OF THREE CAPTURED MURDERERS.

It may be interesting to our readers to know that Phrenology has once more come out victor, this time in the expert estimate of the three young desperadoes at Chicago. Every writer of prominence who has given an opinion of this trio have put Roeski down as weak-minded—"the incapable bum"—whereas the expert Phrenologist thought him "complex and subtle." This will show that after all other methods have been tested it remained for Phrenology to point out what could be possible. Captain Evans, the Bertillon expert, wrote an article for the Chicago American in which he claimed Roeski "weak-minded, irresolute," etc. In the light of what has happened, Emil Roeski has shown himself anything but a simpleton or weak-minded, without any capacity to act for himself, especially in his recent attempt to escape from the jail, and he has further proved that the estimate of the Phrenologist was a correct one, and it will no doubt dawn on the newspaper people of Chicago and elsewhere that there may be something in Phrenology after all. The sketch of Roeski was published November 28th, while the account of his attempted escape from jail was published on December 30th. No weak-minded person would have attempted what he did. The alienists did not examine the right brain centers for Roeski's weakness, shrewdness, or tactfulness, or they would have found the same.

At the request of The Inter-Ocean, Prof. J. M. Fitzgerald went to Harrison Street Police Station to make a Phrenological analysis of the car-barn robbers and murderers—Van Dine, Niedemeyer, and Roeski.

They are about as hardy and rough a trio as one would ever have the opportunity to see.

Harvey Van Dine is the intellect of the band—short of stature, fleshy, large of body, with a well-nourished brain. He has an immense head, especially in the front brain; the forehead is broad, high, and deep. Here is the thinking machinery that has laid the plot, cogitated the effect of all of the gang's important robberies, and his counsel has

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decided the giving of themselves up to their captors.

He is not the coarse, human tiger type of his associates. His face is large and somewhat soft, to which his shock of bright red hair lends a jovial air and pleasant expression.

He is, so to speak, the engineer, the director of affairs. Each of the other prisoners has instinctively recognized in him the man capable of devising the means or methods of operation, and he, with his more philosophical brain, understood only too well that he had a band of human tigers to carry death and destruction to those who, in conscientious performance of duty, opposed the desperadoes.

Van Dine had wonderful possibilities, which, perhaps, he never suspected. He looks like a man who might be feeding the hungry by running a grocery store or lunch counter. It is quite likely that he will confess, make a clean breast of their doings—for in that brain is every detail, and his softness of flesh tells in his voice.



THE THREE MURDERERS, VAN DINE, NIEDEMEYER AND ROESKI.

DOES NOT BOAST OF CRIMES.

In questioning him about his life, he volunteered: "I never claimed to be a tough. No one ever heard me boast that I was tough." This was said in the presence of Niedemeyer without a contradiction.

Van Dine has more back head than his "dare-devil Dick" partners. Here is the key that unlocked his big front brain and caused him to make a detailed confession: His love for his mother. Niedemeyer, the human tiger, said that the only reason he gave up was "Van wanted to see his mother once more."

Niedemeyer is a fiend incarnate, a character built on the type of some of Dante's inhabitants of the inferno. Short of stature, compact of body as a bull-dog, with the cunning of a fox and the ferocity of a tiger, his physical organization is almost insensible to pain. Though his scalp was full of birdshot, which refused to penetrate his thick, hard skull, he thought "it might hurt some to have them removed," but to Dr. Beck and myself he thought he "could get along all right."

He is the true type of the midnight murderer, glories in his inhumanity, and, although naturally noncommunicative, he shifts his feline eyes and, with the devilish leer that has become

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his habit, he is threatening and menacing in mien.

A heavy, immensely thick head in the region of the ears—heavy in the base of the back head—of low and compact brow, he presents an appearance that you feel safe in seeing on the other side of huge iron bars—a man who never takes chances, but is of the hair-trigger type in destructive propensities, considering the whole civilized world his legitimate prey and the officers of the law his only enemy.

ROESKI A COMPLEX TYPE.

Roeski is a more complex character. In toughness of fiber he resembles Niedemeyer, but with more native shrewdness and reflective capacity, more tactful—a pickpocket, a hold-up man, and housebreaker combined—with almost as much murder in his nature as Niedemeyer or Marx.

He has the shifting eye of the sneak, in the heavy base of the brain we see the man of the bludgeon, and in the low, square forehead, rather prominent in the upper part, the planning ability to "go it alone" on small jobs of burglary. A mixture of the snake, human, and tiger, when once driven to bay, one could easily imagine that, if he bit one of his captors, the latter would die as surely as if bitten by a cobra.

In the capture of these highwaymen every respectable citizen, not only of Chicago, but of all America, can lift up his voice in praise of the brave officers and farmers who risked their lives to settle forever the cruel, murderous pillaging of this demoniac band.

Here is a lesson for every parent, especially those who are inclined to let their boys take care of themselves, to enter low company and, by so doing, dwarf the spiritual, moral, and social growth of those for whose being they are responsible. Parents, have a thought. Be your boys' companion and friend.

By J. M. Fitzgerald.

Exercises for February.

THE VITAL TEMPERAMENT.

(B.) A man weighing 180 pounds, height 5 feet 7 inches, age 45, circumference of head 22½ inches, height from ear to ear 14½ inches, length from glabella to occiput 14⅜ inches, should take the following exercises after practicing those given under (A.) in last month's Journal:

(1) Stand erect, hips firm or hands on hips, knees stiff, head erect—(1) Rise on toes; (2) bend knees to squatting position; (3) extend arms in front; (4) back to hips; (5) rise on toes; (6) heels firm; (7) arms downward stretch; (8) hips firm.

Repeat this exercise in rhythmic counts twelve times, counting eight to each complete set of movements. Then rest five minutes or "stand at ease," repeat exercise another twelve times, counting eight to each exercise. Then repeat exercise given in January number once, or until you have reached 96 counts. These exercises are progressive, and should be taken through the month conscientiously before retiring.

Next month, exercises for the Mental Temperament will be given.

A prize will be given to the one who has been the most faithful in carrying out these exercises for six months. Particulars to be sent in on July 1st, with a record of time spent on the exercises each month. Address Editor Physical Exercise, Phrenological Journal, 24 East 22d Street, New York City.

Captain Jack MacDonald.

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THE SCIENCE OF HEALTH

Science and the Bible.

THE CREATION OF MAN.

By Dr. E. P. Miller.

By a comparison of the first and second chapters of Genesis it will be seen that there were two types of man and of woman brought into existence. The first pair were created on the sixth day of creation, the second on the seventh day. The first was "created in the image of God, male and female created he them." The second man was "formed of the dust of the ground, and the Lord God breathed into his nostrils the breath of life and man "became a living soul." The first seems to have been created out of nothing, the second was formed out of the dust of the ground.

The first pair were commanded to be fruitful and multiply and replenish the earth, etc., and to live on the herbs bearing seed, and the fruit of trees bearing seed. The second man was put into the garden of Eden to dress it and to keep it, and the Lord God commanded the man, saying, Of every tree of the Garden thou mayest freely eat; but of the tree of the knowledge of good and evil, thou shalt not eat of it; for in the day thou eatest thereof thou shalt surely die.

It seems that the man was alone in the garden when the command was given to him not to eat of the tree of the knowledge of good and evil, for it was after this command was given that "the Lord God said, It is not good for man to be alone; I will make an help meet for him."

The man was named Adam, the meaning of which is the Father of all Living. "Adam gave names to all cattle and to the fowls of the air and to every beast of the field: but for Adam there was not found a help meet for him."

"And the Lord God caused a deep sleep to fall upon Adam and he slept; and he took one of his ribs, and he closed up the flesh thereof. And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man." And Adam said, "This is now bone of my bone and flesh of my flesh, and she shall be called woman because she was taken out of man."

This woman seems to have been an entirely different piece of humanity from the female that was created on the sixth day of creation.

THE GARDEN OF EDEN.

The eighth verse of the second chapter of Genesis says: "And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed."

From the description of Eden given in subsequent verses, it must have extended over a vast country. There was a large river with four branches. The Mississippi River and its four great branches typifies this river better than any other on the earth. The Bible Dictionary, in defining Eden, says:

"It would be difficult, in the whole history of opinion, to find any subject which has so invited, and at the same time so completely baffled conjecture, as the Garden of Eden."

After giving the various opinions about its location it closes the discussion by saying:

"All the theories which have been advanced share the inevitable fate of conclusions which are based upon inadequate

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premises. The problems may be indeterminate, because the data are insufficient. It would scarcely on any other hypothesis have admitted of so many apparent solutions."

The trouble historians hitherto have met with has been their attempt to locate the Garden of Eden in Asia, when in reality it was located on the firmament that God made to divide the waters from the waters, which he called Heaven, which, as before stated, was America. The first and largest branch of the Mississippi is the Missouri, which with its various branches extends into Colorado, Montana, and Idaho, "which compasses the whole land of Havila, where there is gold. And the gold of that land is good: and there is bdellium and the onyx stone." The Ohio, Arkansas, and Red Rivers typify the other three branches, spoken of in the thirteenth and fourteenth verses of the second chapter of Genesis.

It is our belief that the Garden of Eden was in the United States, and that Noah's Ark, during the flood, floated from America to that part of Asia known as Palestine; and that when Christ returns to establish the Kingdom of Heaven on earth, he will do so in America, which was "the firmament that divided the waters from the waters."

THE FALL OF MAN.

The third chapter of Genesis describes what is commonly known as the Fall of Man. This occurred soon after the woman was placed in the Garden of Eden. "Adam called his wife's name Eve, because she was the mother of all living." Adam, then, was the Father of all living and Eve the Mother of all living. Adam evidently did not fall or disobey God's command until after he had gotten a wife. As Adam had given names to every living creature, he must have named the serpent who was more subtile than any of the beasts of the field which the Lord God had made.

WHO WAS THE SERPENT?

The first verse of the third chapter of Genesis says of it:

"Now the serpent was more subtile than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, ye shall not eat of every Tree of the Garden?"

Now what kind of a serpent or beast was this? He seemed to have the power to talk intelligently and tauntingly. He is called by some Satan; by others, that old serpent the Devil; by others, an Evil Spirit, that tempts human beings to do wrong, and apparently delights to lure people into vice, crime, and misery. But did he lie to Eve? Did he deceive her? Did he not tell her an important fact about this forbidden fruit? Read his own words, as follows:

"And the serpent said unto the woman: Yea, hath God said, ye shall not eat of every tree of the Garden?

"And the woman said unto the serpent, we may eat of the fruit of the trees of the Garden, but of the fruit of the tree which is in the midst of the Garden, God hath said, ye shall not eat of it, neither shall ye touch it lest ye die.

"And the serpent said unto the woman, Ye shall not surely die, *for God doth know* that in the day ye eat thereof then your eyes shall be opened and ye shall be as gods, knowing good and evil.

"And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof and did eat, and gave also to her husband and he did eat with her, and the eyes of them both were opened and they knew that they were naked; and they sewed fig leaves together and made themselves aprons."

DID THE SERPENT DECEIVE EVE?

The Theologians and even Christian ministers teach that all the evils of the world, all the sickness, sorrow, pain, and death that have afflicted the human race are attributable to Satan and Eve, "the mother of all living." But should Eve be blamed for doing as she did? Did not Satan tell her the truth? It seems she was convinced that the fruit of that tree was "good for food"; she

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knew that it was "pleasant to the eyes," and believed that it was a "tree to be desired to make one wise." Although she was not in Eden when the command was given to Adam not to eat of it, yet as she was made out of one of Adam's ribs, she accepted the command as having been given to her as well as to Adam, and she "took of the fruit of the tree, and did eat, and gave also unto her husband, and he did eat." And just as Satan told her, "the eyes of both of them were opened."

Now it seems that the serpent told Eve three important truths to one falsehood, as the record shows. The truths told Eve were: God *did* know that the day they eat thereof their eyes should be opened, and they did become as gods, knowing good and evil. But by disobeying God's commands, they were driven out of the Garden, and from the tree of life, so that they should not eat of it and live forever.

In the twenty-second verse of the third chapter of Genesis is proof of the truth the serpent said to Eve about becoming as gods, to know good and evil, as follows:

"And the Lord God said, Behold, the man is become as one of us, to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live for ever": Therefore the Lord God sent him forth from the garden of Eden.

When Adam was formed "there was not a man to till the ground." He therefore made Adam for that purpose. After he had disobeyed his commands, God said to him: "Because thou hast hearkened unto the voice of thy wife and hast eaten of the tree of which I commanded thee, saying, Thou shalt not eat of it, cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life. Thorns, also, and thistles shall it bring forth to thee, and thou shalt eat the herbs of the field. In the sweat of thy face shalt thou eat bread, till thou return to the ground, for out of it wast thou taken, for dust thou art and unto dust shalt thou return." "Therefore the Lord God sent him forth to till the ground from whence he was taken." The punishment to Eve was: "I will greatly multiply thy sorrow and thy conception. In sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee."

The tree of life is still in the east of the Garden of Eden, and is guarded by cherubim and a flaming sword which turns every way to keep the way of the Tree of Life.

We think that Phrenology represents Cherubim, and Electricity the flaming sword, which, when understood, will help solve the mystery of the science of life.

WOLVES IN MEN'S CLOTHING.

(*Continued from page 45.*)

into his stomach, under a deceptive name, an oleaginous substance that contains decayed matter, that cannot be eradicated or separated any more than common mortals can bring the dead to life. It is little wonder that people who consume the stuff say that they think oleomargarine is healthier than dairy butter.

But of all the conscienceless people who deserve the condemnation and punishment from an outraged public, the man who sells poisoned and adulterated milk to parents to feed to their innocent children and infants is among the worst. The man who doctors skim-milk cheese with cotton-seed oil and sells it for "full cream" cheese is hardly a comparison. The tricks of deception that these hypocrites adopt to deceive the public are multifarious, and the question naturally arises, Who can devise means to stop their tricks?

Those who buy dairy products have a moral right to know what they buy is pure.

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Factors in the Treatment of Disease.

By Charles H. Shepard, M.D.

There are many modes of treating disease at the present time, and among them electricity is a powerful factor. The laws governing this agent are inflexible and invariable, as well as persistent.

Acting upon the theory that electricity is a vitalizer of a high order, and has the power of quickening the action of the nervous system in any part of the body, we have made successful use of the Faradic current in association with the Turkish bath.

Over twenty years' experience with the electro-thermal bath has demonstrated its efficiency in a variety of cases, largely those of the neurasthenic class, as well as in rheumatism and malaria. While it has been greatly to the advantage of the patient, that as a rule the hot air, or Turkish bath, was first administered, the use of electricity in this form has greatly assisted in restoring normal action, for as we understand disease, it is a restorative action, Nature invariably endeavoring to bring about normal conditions, which means health.

Inasmuch as the blood is the agent that supplies life to every cell in the body, the health of the individual cell depends upon the integrity of this supply. When this is normal we have a normal condition of the body, and the reverse is equally true.

It is freely conceded that the initiative of most of the diseased conditions we have to deal with is due to an overworked and overloaded nutritive system; that if people generally would eat less there would be less of disease to disturb the community. But as there is little hope of reforming the people of this fast age at once, our only opportunity is when they are in a penitential mood, due to the punishment they are receiving from the effect of past transgressions. Heed will then be given to admonitions, and a more reasonable course entered upon, at least for a time.

Nature's method of dealing with diseased conditions is by forcing out the disturbing elements through the natural excretory organs—the bowels, the kidneys, the lungs, and the skin; but when there comes a sluggish action from overwork or other causes, more or less residue is left in the system to still further aggravate an abnormal condition, which we call disease. Here is where electricity is found useful in quickening dormant function through the nervous system. If this blood supply can be purified and invigorated, the fountain-head of the disturbance is reached, whatever may be the name or nature of the trouble.

The use of hot air is another powerful factor in the treatment of disease. By its action we have a wonderful control of the circulation and command over disease. Heat tends to destroy the virus of all non-vital matter with which it may come in contact, and also invites the blood to the surface; there it unloads its impurities, sending back a cleansed and invigorated current, that not only builds up with new and better material, but the improved circulation quickens every function, thus securing through elimination the condition that leads directly to perfect health. This fact is fully demonstrated by the record of thousands who have been relieved by this means alone.

In cases of catarrh, hay fever, grip, or ordinary colds, which may be considered simply a condition of repletion, we find the blood and nervous energy directetd to the mucous surfaces; but by the action of electricity and heat we bring about a derivative action, and then by stimulating elimination through the skin especially, as well as the other secreting organs, normal action is quickly restored.

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With almost universal success in treating that class of cases on this hypothesis, we have not hesitated to advise the sufferers that if they would avoid the repetition of such conditions, it would be wise for them to take more heed to the quality and quantity of supplies furnished in their daily rations. With full development and advancing years, there is naturally less exercise indulged in, and less food is needed to meet the body's requirements. There is also less ability to dispose of the amount which is ordinarily partaken.

A few cases may be mentioned to show some of the results that have been secured. A lady who had been under the care of many physicians, both in this country and in Europe, was given an electro-thermal bath, and the diagnose from that revealed a congested condition of the transverse colon, heretofore unsuspected, which a few subsequent treatments entirely relieved, and her life was made comfortable thereafter.

A young man from the country had yielded to the temptations of city life until paralysis unfitted him even to feed himself. Three months of daily application of the Faradic current in conjunction with the hot air treatment, enabled him to go up and down stairs so fast that one would hardly think he had ever been disabled.

A young man who was so crippled with acute rheumatism that he could not walk was given two treatments daily. In the course of one week he was so much improved that he could go up and down stairs without help, and in three weeks he left for home able to attend to his ordinary business.

A severe case of chronic rheumatism was brought for treatment by his attending physician. The patient was anæmic, weighing but 100 pounds. All movement was painful, with enlargement of knees and ankle joints. Three months of two treatments daily restored his health, and at the same time he gained 17 pounds in weight.

A case of sciatica that had resisted the ordinary treatment of two months' duration, was entirely relieved in a few weeks by a combination of the hot air bath and electricity.

An overworked physician, aged fifty-two, with rheumatism affecting both the joints and the sciatic nerves, after a two weeks' course of daily treatment was enabled to resume and continue his work.

Such instances are sufficient to prove beyond need of argument the efficacy of electricity and hot air in the treatment of disease.

Truthfulness in Individual Character.

By JULIA COLMAN.

This lies at the foundation of all right doing and well being. We are realizing this as never before in all our American politics as well as in our dealings with other countries, and in our comments on their dealings with each other. We are raising our moral standard in selecting candidates for office and in our requirements of office-holders. We are seeing more clearly our duties to our fellow men—and to ourselves. For, if we are not true to ourselves, how can we be honest toward others? If we indulge in unnatural appetites and so impair our physical and moral ability to serve ourselves and others, all the parties concerned suffer.

In no one particular is this more evident than in the results of our conventional use of alcoholic drinks. It will hardly be questioned by any thoughtful person that the impairment of self-control is a common result of tippling. The drinker himself knows

(Continued on page 62.)

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

MECHANICAL AND INVENTIVE.

By Uncle Joe.

At Bedtime. The Mother's Part (2).

A mother, if she has an inventive faculty, she can weave in many important truths and bright bits of color, which if told about other children and not about her own will have a lasting influence. Children hate to be talked to, but they love to hear about other children's doings. For a while Bible stories can be told in a simple, interesting fashion. When these are exhausted, it will pay the mother to look up instances connected with history, such as the early days of Washington, Lincoln, Franklin, John Wesley, and other notable persons whom children have heard the names of but do not know much about, and describe their early doings. It is also interesting to take Smilies book and weave out from among the facts numerous incidents of how boys like Stevenson the inventor, of Linnæus the naturalist, showed their early interest in the study of mechanics and of nature. In a ten-minutes talk a mother can build up such an interesting series of stories their impression will last a lifetime in the thoughts of her children.

More than this, bits of moral teaching can be included in these shining hours, and the confidence between child and parent can be strengthened materially by encouraging the rehearsal of some of the events of the day and of influencing the little ones to express an opinion about what has taken place, and then the mother can inspire a correct judgment and impress her pugilistic boy or her sensitive girl with forgiving thoughts concerning little playmates These heart-to-heart talks will pave the way for a continued confidence when the children have grown up to manhood and womanhood, and in the after life when children refer to these quiet hours, these sacred moments, these fleeting opportunities, the mother will feel fully repaid for the time she has spent by the interest the children have taken in her little stories. One mother was asked to compile and write out in full the stories she had told her children, which she put into book form for the benefit of other mothers. Fairy stories, "Alice in Wonderland," Hans Christian Andersen's stories can form the basis of more permanent literature, such as Scott's novels, Dickens' stories, Thackeray's and Fenimore Cooper's works.

No. 621—Maurice Lund Becker, England.—Here we have a regular chip of the old block, a mechanical boy, son of a mechanical man, a skilled engineer and draughtsman. If one believes in a principle of heredity, one need not be surprised to find that this boy takes an interest in all that pertains to engines and railroad tracks, mechanical work, etc. His father at a very early age drew pictures of en-

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gines, so beautiful that when the drawings were completed, they looked like copper-plate.

From one stage of an engineer's life and work to another, we have found him competent in every branch he has undertaken, for he is a painstaking worker, and is conscientious and patient in the working out of details. Is it any wonder, then, that we should see repeated in his child many of the same characteristics?



NO. 621.—(1) MAURICE LUND BECKER, WHARFDALE, YORKSHIRE, ENGLAND.

The lower line passes through Constructiveness. The upper one, Causality.

Picture No. 1 was taken when he was four and a half years old. Picture No. 2 is the same boy, surrounded by his railroads which he has put together, and on the tracks he has placed his engine and passenger-car, which he has directed along his road around his village houses, and making his train stop at the various stations which have signals at each crossing. The boy is here situated as an engineer in miniature, not simply because he has railroads around him, but because his head indicates that he can do ingenious work, mechanical work, and locomotive work. If you would take a look at the head in picture No. 1, we shall find that there is a decided width of head across the temples, and the line that passes across the forehead also passes over the organ of Constructiveness, and this is a faculty par excellence, that enables a boy to engage in mechanical contrivances and enjoy putting things together, making contrivances and devising ways and means for working out plans.

Another boy who has little Construc-

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tiveness would become puzzled with the details of time-tables, trains, mechanical toys, and drawings that require mathematical skill. And here is a boy who takes delight in working out various designs on paper, and consequently will be in his element when required to work out a plan of passenger freight trains, to pass signals at certain intervals, and make connections when needed. Some mathematical skill is also required along with his ingenuity, and we discover that this faculty largely enables a boy to work out problems, and is strongly accentuated in this little fellow where we have marked the figure 2, while 1 represents his ingenuity.

He is similarly developed to a boy of fifteen whom we had the pleasure of examining the other day, and who takes infinite delight in working out time-tables for imaginary trains in an imaginary district out West. All the hours are given in his tables for the outward-bound trains to make their journey and return. This little boy will plan in imagination to make a trip to the North Pole by overland route, or will try to make a railroad over Siberia, or the remote parts of China. Nothing will daunt him, of this we can be pretty certain, and the more opposition he receives the more he will "peg away," persevere, and accomplish his end. The reason why we think he plans out unthought-of things and persistently carries out his ideas is because his head is very high above the ears, and when his imagination, power of contrivance, and ingenuity get started to work, he will not care to be beaten in his endeavors.

We think that all his stubbornness will settle down to the accomplishment of hard work. He will not be so easy a child to steer on this account, but when he has regular work to do he will show manliness and pride in doing it.



(2) MAURICE IN HIS FATHER'S WORK-ATTIC, WITH HIS RAILROAD, VILLAGE, AND BRICKS.

What a field of thought comes out of those great eyes. How they will puzzle father and mother in seeking information about things that are really too expansive for him to understand, yet he will go further toward comprehending them than most children of his age. He is worth taking infinite pains to educate, for he will repay any one for the trouble he is to-day. He will need to be led instead of to be driven, and plan of work will have to be constantly suggested to him so that he may make a selection and arrange his own details. When he is thirty years old he will be a power, and no mistake. The width of his head above the ears will tend to give him all the force he wants.

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THE AMERICAN INSTITUTE OF PHRENOLOGY.

The Second Lecture of the Season was given in the Hall of the above Institute on Tuesday evening, January 5th. The Lecturer for the evening was Dr. J. Thornton Sibley, A.M., M.D., who lectured on "Music, Art, and Poetry, the Products of the Subjective Mind." Dr. Constantine F. McGuire occupied the chair and introduced the lecturer in the following words:

"I have great pleasure in calling upon Dr. Sibley, and I believe we are to have a great treat this evening. Dr. Sibley has lectured here before on "Subjective Therapeutics," and has also lectured before the Class of the American Institute of Phrenology. Therefore, we know what his ability is as a lecturer. I believe the subject is one that is but little known, though it is engaging the public mind more and more."

During the lecture, as each successive point was taken up, Dr. Sibley called upon Miss Fowler to demonstrate on the living head the attributes of some people in the audience who possessed Musical, Artistic, and Poetic ability. This she did, and explained in a few appropriate words the location of the Objective and Subjective Mind and pointed out the faculties that constituted each.

At the close Dr. Brandenburg thanked the lecturer for his most interesting address, and gave out several notices, namely, Tuesday evening, February 2d, Rev. Thomas A. Hyde, B.D.; will lecture on "Is Marriage a Failure?"

Dr. Sibley said in part: Psychologists are agreed that man posesses a dual mental organization. Some maintain that he has one mind with a double function. Others adhere to the theory that he has two minds possessing distinct powers and attributes. They are usually denominated the objective mind and the subjective mind; sometimes called the objective consciousness and the subjective consciousness.

The objective mind is our ordinary reasoning faculties; the mind that we need and use in our material environments; the mind that guides us in our various relationships to our fellow-men. It is the cause of all voluntary cerebral action, and its chief characteristics are its ability to reason by all methods, indirectly and deductively, and an incredulity that will accept no statement as fact, that conflicts with reason or the evidence of the physical senses. It will instantly reject the assertion that some persons have telescopic eyes, and can see the inhabitants of the other planets, because it is unreasonable. It will also reject the statements that the grass and leaves are red, that vinegar is sweet, or that the noise of the dropping of a pin is equal to a thunder crash; because all these statements conflict with the evidences of the senses of sight, taste, and hearing.

The objective mind is a function of the physical brain, and just in proportion as that organ is diseased or injured, just in that proportion will the objective mind lose its power.

The subjective mind is a distinct entity, and has no relation whatever to the physical brain, which may be severely injured while the subjective mind is wonderfully alert and exalted. It possesses powers and functions independent of the physical brain. Its striking characteristics are its unbounded credulity, and its complete domination over the functions and sensations of the physical body; and herein lies the wonderful power of suggestion or scientific hypnotism in curing disease. The subjective mind is the cause of all automatic cerebral action, and it is incapable of reasoning inductively. It cannot take a number of facts and deduce from them some general law or principle; but it can reason deductively with marvelous accuracy. Given a promise, whether true or false, and the subjective mind will follow it out to the minutest detail. In its inability to reason inductively, the subjective mind manifests its God-like quality; for inductive reasoning presupposes want of knowledge; art Deity signifies omniscence. The subjective mind is the soul. It will accept without hesitation any statement presented to it; no assertion can be too wild and extravagant for it to reject. It will accept as a fact the assertion concerning individuals with telescopic eyes, or those covering the color of the grass and leaves, the taste of vinegar and the dropping of a pin. The memory of the subjective mind is perfect, and all that we have seen, heard, or read is treasured up in its storehouse to be brought forth under the proper stimulus.

It is the seat of the emotions. We never reason ourselves into being emotional. Emotion is always a subjective product. The wonderful memory of the subjective mind, when modified by the harmonizing influence of objective intelligence, becomes a great power for practical good.

The subjective mind is not only a storehouse of memory, but the source of inspiration, and these two subjective attributes co-ordinate with the attributes of the objective mind to produce the condition of true genius. In other words, genius is the offspring of the subjective mind, regulated by objective experience and education. The knowledge of the subjective mind is dependent upon objective education, except in the intuitive perception of certain fundamental principles and abstract truths.

In the normal individual the subjective

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mind with all its wonderful powers is completely under the control and direction of the objective consciousness, with its capacity to reason by all methods. Whenever the objective mind abdicates the throne, which it sometimes does for certain causes, and leaves the subjective in control, the individual develops some form of insanity; for every suggestion, no matter from what source or of what nature, finds a lodging place, and becomes in a measure at least a controlling influence. Subjective existence is unnatural, for in it we are limited to deductive reasoning, and rendered susceptible to suggestion from all directions. This is the condition of many of the insane, especially those afflicted with mania, hallucination, melancholia, and other mild forms of mental derangement. It is the form of insanity usually answerable to treatment. The many cases of cure through the influence of hypnotism, reported some years ago by Dr. Kean, of India, and more recently by Dr. Voisin, of Paris, were of this character, and the distorted objective impressions were not due to anatomical lesion. It is of the utmost importance that the objective mind retain supreme control, for through it alone can we reason by all methods, and properly appreciate the every-day affairs of the material world. The genius can, and to be a true genius must at times, allow the subjective faculties to temporarily dominate. This is especially true of genius in Music, Art, and Poetry; because these things are eminently products of the subjective mind; and conditions that necessitate decided action of the objective faculties alone, preclude the possibility of artistic attainments. The testimony of all history confirms this statement; and the true artistic instinct in many nations, ancient and modern, has been completely submerged when schemes of conquest, commercial aggrandizement, or other objective activities were the ruling impulses.

The subjective mind without any objective education has a clear conception of the laws of harmony in music, and many musical prodigies are so thoroughly subjective as to be considered idiotic. I have met some of these subjective people, and have been charmed with their enchanting music. Most of them were incapable of conducting the simplest business affairs. If you have ever studied the features of these musical wonders during their performances, you have no doubt been struck with the peculiar expression of the face which left no doubt that the objective faculties were in complete abeyance, and that the subjective were in complete control.

Have you ever noticed and compared carefully the leader of the orchestra and the bass-drum player when some grand opera was being produced? Each may have been endowed with equal objective faculties, and have had equal advantages as far as opportunity is concerned. The training of each may have been along the same lines; yet what a difference. One outstrips the other like the ocean liner outstrips the sailing vessel; or the thoroughbred outstrips the draft horse. Why does one occupy a high seat in the center, while the other is crouched down in the farthermost corner of the orchestra? Why does one receive as much for a night's services as the other receives for a week's work? The leader is largely subjective. The fire of genius lights up his eye and he is carried away by his enthusiasm. He is lost in a sort of musical trance. The strains of his instrument, if he plays one, are heard above the crash and din of the other instruments, and there is but one impulse that moves him. He is oblivious to everything except the influence of the music; he is really in a semi-hypnotic state with his objective faculties temporarily dethroned. Not so with the bass-drum player, down there in the corner. He pounds away in a mechanical sort of fashion, with his eyes resting on his music, depending upon it to guide him. He is not entranced as the leader. While he is pounding away he is thoroughly objective, and the success of the opera is not so much in his thoughts as how far the week's wages will go in providing food, clothing, and shelter for his family. There is no fire in his eye; no enthusiasm; no music. He is thoroughly material, and though he may be a good mechanic, he is not a musician, simply because he is not subjective.

The impractical nature of most good musicians is proverbial. The reason for this is that they are at times largely subjective, and therefore in condition to receive impressions from all sources; this is no doubt one of the causes of the eccentricities of musicians. These eccentricities are so well known, and considered so characteristic of good musicians, that many believe the two things, musical genius and eccentricity, to be inseparable; and many musicians of mediocre ability affect these eccentricities in the belief that people will interpret them to mean evidence of great talent.

They wear their hair long, walk with an ungainly stride; make appointments, purposely to be broken, and do many other out-of-place things. The lives of most great musicians furnish examples of the impractical character of their nature. Many die in want because they do not know enough of finance to take care of their earnings. It is related of Beethoven, that wishing to raise some money on some bonds he possessed, he sold the whole bond, not knowing enough of material matters to detach the coupon. On another occasion he desired a friend to purchase half a dozen shirts for him, and sent him a sum equal to one hundred and fifty dollars to pay for them. The lives of Wagner, Mozart, Handel, Beethoven, and other musical masters afford

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striking proofs of the statement that the true musician is largely subjective.

The music that lifts us out of material ruts, the music that lives, is subjective in its character. Music may conform to all the rules of melody and harmony as expressed by the best musical authorities, but unless it contain that delicate, subtle, subjective something, indefinable, yet recognized and appreciated by the emotions, it will be mechanical, soulless, and short lived. Music is not only a product of the subjective mind; but it is one of the most common as well as one of the most potent means of inducing the subjective state; and many of the psycho-therapeutists of modern times have used it for this purpose. Mesmer recognized its power in this direction, and it was always an important adjunct to other means of inducing the subjective state, that he termed the crisis. If you have ever attended a spiritual seance, you have observed the importance given to music for "harmonizing the influences." Under its influence the medium and many of the sitters are put into a receptive subjective state; a state necessary for the production of the various psychological phenomena usually witnessed. The festivals of the ancient Egyptians were always accompanied by music, and the same might be said of the festivals of the Greeks. The Indian fakirs under the influence of music produce the most astounding psychological phenomena. The ecstasy of religion can be brought about most readily through the influence of music. In fact, modern religious exercises consist largely of good music. The choirs of some of our large churches are scarcely considered of less importance than the ministers themselves. Successful evangelists know that the ecstatic condition that usually precedes conversion is often the direct effect of music. Music speaks a universal tongue, which can be appreciated by all without objective education. It is ennobling and elevating in its influence; it is the interpreter of our emotions, and is emphatically a product of the subjective mind. The test of time, which is the only true test, will demonstrate that the music that lives is that which cannot be judged solely by the rules of harmony and counterpoint. Some music that may be perfect according to this test will have an ephemeral existence, and last only so long as the peculiar taste of the times that evolved it continues. Music that is largely objective may entertain or answer us; but genuine music is always soulful, and touches the seat of the emotions. Many modern composers, especially in this country, in order to present music that will be popular, wrap their compositions in a humorous libretto, and make no effort to reach our finer inner natures. The bill-boards of the city of New York have fairly groaned all season under a load of funny pictures announcing the production of various nonsensical pot-pourris. Those who cater to public taste must give the public what it wants; and the success of so many of these trashy musical productions is an evidence of the peculiar taste of the times. We are more objective than we have ever been in the history of our country. Does our peculiar musical taste show that we are growing more depraved?



BEETHOVEN.

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Not at all. The conditions that are making us more and more objective are the conditions that have developed our peculiar musical taste. Grand opera, even with "Parsifal" as the bill, would be a complete failure financially were it patronized only by those who really prefer it to the "Wizard of Oz" or "The Babes in Toyland." The stage settings, costumes, or other accessories attract some; and some, notably students and teachers of music, go because they really enjoy it, but by far the larger



MENDELSSOHN.

part go because Dame Fashion has given forth her edict, and some people would suffer anything rather than offend this tyrannical old lady. To many who go to grand opera, the music of the ticker in the office, or jingling of the coin in the coffer, is far sweeter than any *roulade* of melody, or swell of harmony that may be heard there. The doings of Wall Street are stifling the artistic instinct, and not till the great masters of finance shall have passed away and their methods are forgotten will there be an artistic revival that may produce a Wagner or Mendelsohn, a Rubens, or a Titian, a Byron or a Longfellow. The more worldly we become, the more we allow our minds to dwell on the material side of life, and the less subjective our natures become. The stern chase for wealth and the demoralizing worship of Mammon are the causes of our more objective nature.

Habit and education will do much to make us more or less objective or subjective. The first nature of man may be completely submerged through material pursuits. On the other hand, we may cultivate the soul qualities and become less and less material. This is often seen in persons who seemingly are possessed of no musical or artistic talent; yet who under proper stimulus develop into good musicians or artists. The musical and artistic talents are inherent in the nature of every human being; and the common idea that the divine afflatus blows a hurricane in one direction or a gentle zephyr in another is a monstrous fallacy. There are but few who are without decided natural artistic and musical ability. Phrenology teaches us that certain faculties of the mind are located in certain parts of the brain, and that under proper stimulus special faculties may be so largely developed as to change in a measure at least the character of the individual. So under proper training the subjective may be aroused, in which case the individual always becomes more artistic. He begins to care less for material pleasures, and delights in the spiritual and subjective instead; where often all the really great pleasures of life are to be found. The man whose idea of genuine pleasure is the contemplation of a well-browned turkey and a bowl of cranberry sauce has never sipped the nectar of subjective bliss.

To be continued.

TRUTHFULNESS IN INDIVIDUAL CHARACTER.

Continued from page 55.

it and struggles against it, and especially against showing it. During a recent trolley trip I saw a man on the sidewalk making an evident effort to preserve his balance and to impress upon those who might see him that he was "all right and knew what he was about." In the car I then occupied a well-dressed man, whose eyes betrayed his condition, quite overdid the matter of obsequiousness in giving up his seat to a lady, and then turned to another strange lady with the familiarly impertinent question of where she was going. These two men had both injured their nerves until they were by so much short of the manly self-control of which they were normally capable. Their nerves deceived them as to their own condition, and led them to believe that they could deceive others as to its cause. The next effort is to carry the impression that the injury done is only temporary. This is often seen in the case of desperate drunkards reformed. But Dr. Richardson says that no one, once dead drunk, ever fully recovers his normal condition, his brain and nerves having received permanent injury.

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THE

Phrenological Journal

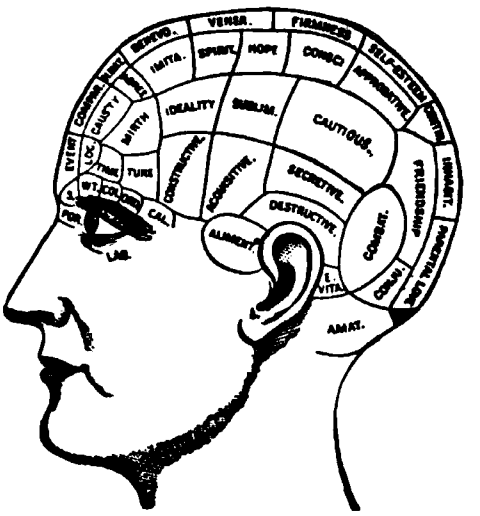
AND SCIENCE OF HEALTH.

(1838)

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(1880)



NEW YORK AND LONDON, FEBRUARY, 1904

"Localization of function is the law of all organization whatever."—HERBERT SPENCER.

OUR NATIONAL CELEBRATIONS.

'Tis meet to celebrate the birth
Of great and good o'er all the earth.

To Washington the good and brave,
To Lincoln ever true,
Who service to our country gave,
We give the praises due.

Resplendent in the Hall of Fame
We find the true and brave.
Then honor give each hero's name
Where'er our flag may wave.

S. E. BAKER.

HERBERT SPENCER.

From our midst has been taken one of the foremost Philosophers of the Nineteenth Century, and as one writer has truly said, he "displayed as a thinker, an organizing faculty never exceeded among men." Mr. George Iles could not have better described the great prophet of evolution, for the most prominent faculty of his mind was Causality.

Herbert Spencer was the last of a remarkable quartet of great writers and scientists, namely, Darwin, Huxley, and Tyndall, yet he, perhaps, was the most delicate of them all.

He handled his theories concerning scientific philosophy and universal evolution with a master's art. Other scientists had written on these subjects before, but he might be rightly called the "generalizer" of these mighty problems.

"Kant had suggested, and Laplace had demonstrated, the high probability of a nebular origin for the solar system. Lyell had arrayed evidence that forces at work before our eyes—wind, wave, and frost, earthquake and volcano—account for every change the earth has undergone. Erasmus Darwin, Lamarck, and other naturalists had speculated as to the descent of species from common stock. Von Baer had remarked that animals, strongly contrasted as adults, sprang from embryos presenting in their earlier stages

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so close a resemblance as to suggest one parenthood for them all."

"Evolution," says Mr. Iles, "plainly enough, was much in the minds of inquirers in 1852, when Spencer wrote for the *Leader* an article on 'The Development Hypothesis,' arguing with clearness and force against the idea of special creation, and for the appearance of species according to laws of natural descent and modification. This argument appeared in the first volume of his 'Biology.' It is an example of his power to marshal a group of diverse facts in their most telling order and distill their meaning into a paragraph. Evolution is the cardinal thought in his 'Psychology,' first published in 1855. In January, 1858, when he drew up the programme of his 'Synthetic Philosophy,' it was with evolution as its keynote. This was six months before Darwin and Wallace gave the Linnæan Society their papers unfolding the theory of Natural Selection. That theory Spencer adopted in his 'Biology,' to knit together and explain a host of facts otherwise without bond or meaning."

It was as early as 1844 that Herbert Spencer wrote several articles in the *Zoist,* in which he demonstrated that he had made a study of Gall's System of Phrenology, and said: "We may, moreover, conclude that each of the several mental powers will be ultimately found, simple in quality, easily comprehensible, and capable of exact definition."

What do we find in his Psychology but a complete evolutionary theory concerning the faculties of the mind! It matters not whether he gave credit to the great founder of the system or not, for anyone who reads Spencer's "Psychology" will readily recognize the origin on which his calculations and theories were based. Again he says: "Whoever calmly considers the question cannot long resist the conviction that different parts of the cerebrum must, in some way or other, subserve different kinds of mental action. Localization of function is the law of all organization whatever, and it would be marvelous were there here an exception."

We therefore recommend all doubtful critics of Phrenology to read Herbert Spencer's "Principles of Psychology," along with Dr. Gall's works, and he will find that they marvelously coincide.

THE STUDY OF PSYCHOLOGY.

William Shearer, A.M., Ph.D., in an article on "Talks to Parents on Training of Children," writes:

"At this time many are advocating the importance of parents making a careful study of Psychology. They do this in the belief that it will help parents greatly in the training of their children. It is doubtful if such a study would be of much value to most parents. Years of experience leads the writer to believe that in a few days' study of temperaments has been of more practical value to him in the management of children than many weeks and months spent in an earnest study of Psychology. This may seem a very bold statement at this time, but it is believed that ere long it will be accepted without question."

The above seems so pertinent to the advice that we have given concerning temperaments and the diversity of gifts that we are glad it comes from so important a man as the Superintendent of Schools in Elizabeth, New Jersey.

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REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

Annual Report of the Department of the Interior, 1902. Washington: Government Printing-Office, vol. i. (Notice 2.)

We note that from the investigations of last year, Dr. Christopher formulated the following deductions: "(1) in general, there is a distinct relationship in children between physical condition and intellectual capacity, the latter varying directly as the former. (2) The endurance of boys is greater than that of girls at all ages, and the difference seems to increase after the age of nine. (3) There are certain anthropometric indications which warrant a careful and thorough investigation into the subject of coeducation in the upper and grammar grades. (4) Physical condition should be made a factor in the grading of children for school work, and especially for the entrance into the first grade. (5) The great extremes in physical condition of pupils in the upper grammar grades make it desirable to introduce great elasticity into the work of these grades. (6) The classes in physical culture should be graded on a physical instead of an intellectual basis." The work this year so far confirms these deductions except as to the age when great differentiation of the sexes in endurance begins. To these certain other conclusions are added. The pubescent period is characterized by great and rapid changes in height, weight, strength of grip, vital capacity, and endurance. There seems to accompany this physical activity a corresponding intellectual and emotional activity. It therefore is a period when broad, educational influences are most needed from the pedagogic standpoint. It is pre-eminently a time for character building. It further states that the pubescent period is characterized by extensive range of all physical features of the individuals in it, hence although a period fit for great activity of the minds of children, it is also one of numerous exceptions to this general law. During this period a greater per cent of individuals than usual pass beyond the range of normal limits set by the mass. It is a time therefore when the weak fail and the able forge to the front, and hence for a higher degree than usual of individualization of educational work of influence. It appears that the defects of sight and hearing are more numerous among the dull and backward pupils. That the number of eye and ear defects increase during the first years of school life.

"Psychic Life and Laws on The Operations and Phenomena of the Spiritual Element in Man," by Charles Oliver Sahler, M.D. Fowler & Wells Co., New York City. Price, $1.50.

Many books are being published on the subject of Psychic Phenomena, but few writers have had either the practical experience or the knowledge of human life and character that the writer of the above-named book possesses. Consequently we can more confidently recommend the work to the thoughtful consideration of those who are interested in this kind of literature. The writer's views of the dual mind have been explained at the American Institute of Phrenology, and those who have had the pleasure of hearing him will no doubt be glad he has put in tangible form his ideas in more detail. To the uninitiated it is difficult to carry in one's mind the method of communication between the soul and the external universe; the objective consciousness and reason, limitations, the condition of the faculties in the psychic state; but to read about these things fixes them in one's mind, and one is charmed with the clear manner of dealing with the subject introduced by the writer. Much excellent matter has been crowded into about two hundred pages.

One well-known writer has said "Brevity is the soul of wit," and while carrying out this excellent maxim the doctor has not left out essential principles. The book is having a steady sale, and now that the long evenings are tempting inducements to store knowledge, we believe many more of our readers will avail themselves of a copy.

"Sea Drift." Published by James T. White & Co., New York. Price, $1.00.

This excellent little volume of poems is written by the Rev. Antoinette Brown Blackwell, who is known not only to the ministerial world but to the literary public as the writer of many other volumes of both prose and verse. The present book has for its object the vast problems, difficulties, joys, and sorrows of life as set forth in the ever-changing ocean as it drifts in and out, here and there. This thought is beautifully carried out in the poems of different lengths and subject-matter. The idea of the writer will be quickly understood from the poems, though there is no preface to explain this.

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TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

W. B. Roberts, Warepa, England.—Your photo represents a very open and confiding character, with strong sympathies, a hopeful nature and an independent spirit. You have business and mechanical abilities, but it will be difficult to keep you out of public work; in social or municipal work you would be in your element, for you are interested in matters of a public character. You can talk well, and will not hesitate in expressing yourself very fully upon any subject in which you are interested. Your interests are many and varied. You are inclined to investigate many subjects. You always speak out and say what you mean, are not evasive nor hindered with too much caution. You are persevering in your work, industrious, practical. Capable of planning and understanding mechanical contrivances. You appreciate music and anything else of an elevating character. You should make a study of phrenology. You are naturally intuitive, and can quickly sum up the characters of your friends. Conserve your energies. Check every tendency to excitability and impulsiveness, and do not allow your mind to be too easily diverted.

Kathleen Smart, Foxley, Towcaster, England.—This is a remarkably healthy child, with an active mental temperament. She is sufficiently far advanced for her age, and will be quite precocious in observing and in understanding what is said to her. When a little older she will ask many questions and will keep her mother quite busy in answering her. She has a capital memory for places and faces; will like music and drawing. She will early learn to read and will be active in gathering all sorts of useful knowledge. This little lady has quite enough will power; it will be better to coax than to drive. She must be reasoned with, for she will eventually require all her will power and self-reliance for the great battle of life. She is lively, active, constantly on the move, yet cautious, sensitive, and she will not make friends with strangers too quickly. Eventually she will want to be a teacher or occupy some position of authority and responsibility. She is well equipped with mental tools, and she will know how to make good use of them. The head is well rounded out and proportionately developed which will give her balance of power. Keep her a baby as long as possible, and do not send her to school early.

Mr. H. Pinchbeck, Lincoln, England.—You are a very practical man, wide awake, careful in your actions, intuitive in perception, critical, with excellent designing and mechanical abilities. Independence, perseverance, candor, and self-reliance are marked characteristics. A subordinate position in life will never be agreeable to you. You will want to come to the point, take the lead, and assume responsibility. You will do well as a manager either in a business or in a mechanical workshop. You take a lively interest in your surroundings, are outspoken, and at times too impetuous. You are well equipped with mental tools: can talk well, are sociable, sympathetic, and can adapt yourself to different company. You have a thirst for knowledge and the ability to acquire it. You will do well to study Phrenology. Strive to concentrate your mind upon one thing at a time, for you are too versatile.

Eliza Davis, England.—This lady is characterized by activity and energy; she takes a practical view of things, is discreet in her actions, can keep her own counsel, and will be in her element when arranging and managing her household affairs. She cannot tolerate waste nor extravagance. Her maternal instincts are strong. Children will become atached to her, but she is too sensible to spoil them. She will be a favorite among her friends. She is readily approached, and her advice is always practical and thoughtful.

In business matters she is shrewd and careful. She has a high tone of mind, is very conscientious and exact in the discharge of her duties, and is quite capable of occupying, with credit to herself, a responsible position in life. She is agreeable in manners with good conversational abilities. More self-confidence would enable her to exercise her abilities with greater freedom. She is too apt to criticise her own work and to underestimate herself. Her tastes are artistic and practical. She will delight in philanthropic work, and can always be depended upon to render important aid to her friends.

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FIELD NOTES.

From the "Minnesota News" the following clipping has been forwarded:

Character Study might profitably be given a place in academic courses.

HENDERSON, MINN.—Teachers and persons interested in literary work gathered at the high school assembly rooms to attend the teachers' meeting. Instrumental and vocal music helped to make the meeting a success.

A paper "The Methods of Reform," was read by William A. Alexander. Theo. S. Nelson's paper on "Phrenology" was of much interest. He said that the science is litle used because people think it superficial. Character study might profitably be given a JOURNAL. She has been a subscriber for business man needs and uses this science in selecting his employees. Mr. Stebbins also had a paper, "The Price of Success."

We are glad to announce that Mrs. Addie B. Johnson, of Danville, N. H., has again sent her subscription to the PHRENOLOGICAL JOURNAL. She has been a subscribed for forty years. We like to keep our old friends with us as well as welcome new ones.

THE UNIVERSAL IMPROVEMENT SOCIETY.

This is the name of an organization recently formed for the purpose of introducing as widely as possible the study of human nature, including the sciences of Phrenology and Physiology and the laws of heredity, and doing any or all kinds of educational and other humanitarian work, in accordance with scientific principles, solely for the purpose of improving mankind and increasing human happiness in its truest and broadest sense.

This may seem to be too broad a field for any one organization to cover; but this society is organized on such a plan that it will be able to carry on any number of different kinds of work at the same time, without dividing the energies of its workers. Besides, the society proposes to undertake only such lines of work as it is prepared to do in a thorough and systematic manner.

The various kinds of work will be systematically classified and divided into separate departments, and the work of each department will be carried on by persons who are specialists in that particular line, and will devote all of their time to it.

In order that persons working in one department may understand the relation of their work to that of other departments, and thus secure unity and harmony of action, the heads of the various departments will be organized into a Cabinet, and will confer with each other as to ways and means for increasing the effectiveness of all departments, so as to accomplish the greatest possible amount of good work with the least possible waste of energy.

Only persons who understand the science of human nature and the art of reading character will be authorized to direct the work of any department, or to appoint or assign persons to subordinate positions; so that the work will be conducted in accordance with scientific principles, and thus a great deal of the energy which is now wasted through well-intended but misdirected effort will be placed where it will do



MR. WOLFE.—FOUNDER.

good instead of harm to humanity; and each worker will be placed in the line of work to which he is best adapted, and where he can do the most good.

The society is bound by its articles of incorporation to remain forever strictly non-sectarian and non-partisan; and none of its funds will ever be appropriated for the purpose of subsidizing any church, sect, or political party, or any institution controlled thereby.

This organization is founded upon the principle that scientific investigation can never overthrow any true doctrine or right institution; that the science of human nature is the true basis and starting-point for all human improvement, and the key to the solution of all problems relating to government, education, morality, and religion; and that every person should understand his own nature and the natural laws to which he is subject, in order that he may know how to obey these laws, and thus secure the highest happiness which he is capable of enjoying.

Membership in the society is free, and its funds will be derived from voluntary contributions for the good of the cause.

The head office of the society is at Seattle, Wash., and branch societies, known as Local Chapters, may be organized in any part of the world. Thus the Society will become an international organization of students of human nature for the purpose of centralizing and systematizing all kinds of educational and other humanitarian

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work, and conducting it along scientific lines.

The above was written by the Founder of the Society who is a Student of Student Nature and a firm believer in Phrenology—George M. Wolfe. We wish him every success, and will be glad to report the progress made from month to month.

EDITOR, P. J.

We regret to state that on December 17th Mr. Byland, of Lebanon, O., fell on the ice and broke his right leg. All his friends will join us in sending him sympathy. "The Western Star" states in a paragraph of December 17th: "He is resting at present as easy as could be expected."

THE FOWLER INSTITUTE, LONDON.

Mr. Elliott writes: "We keep busy. Our two monthly meetings have been well attended."

On December 2, 1903, Mr. Alfred Dayes gave a lecture before the above Institute, while Mr. D. T. Elliott, examiner of the Fowler Institute, made some Phrenological examinations of character at the close. On January 6, 1904, the Rev. F. W. Wilkinson will address the Institute, and as he is an old friend of the Institute, it is expected that he will call out a large attendance. On February 3d Mr. James Welb is announced to lecture at the Institute. On March 2d Mr. F. Cribb has promised to give an address. On April 6th Mr. J. S. Brunning will be the lecturer of the evening. On May 4th Mr. D. T. Elliott will give the closing address of the season.

On January 2d, Rev. F. W. Wilkinson lectured at the Institute and Mr. D. T. Elliot gave several interesting Character Readings.

On February 3d, Mr. James Webb is announced as the lecturer. We hope to receive full reports of these meetings.

All past and present students of the Fowler institute are cordially invited to attend 'The Student's Evening" on the last Tuesday in the month. These meetings are convened for the study of Applied Phrenology.

THE ANNUAL.

The Annual has arrived and should prove interesting to a large clientele of American contributors.

We notice with pleasure an article by Mr. Webb on his visit to the home of the illustrious Dr. Gall. We trust his example will be followed by many other devotees of the science.

NOTICE.

The lecture for February will be given on the first Tuesday (2d) at eight o'clock, by Rev. Thomas B. Hyde, B.D.; who will take for this subject "Is Marriage a Failure"?

Phrenological examinations of a number of married and unmarried people will be given at the close by Miss Jessie A. Fowler. The Chair will be taken by Dr. C. W. Brandenburg, M.D., President. It is the desire of the Trustees of The American Institute of Phrenology that the friends of the Institute should make these lectures as widely known as possible, particulars which can be obtained from the Secretary, M. H. Piercy, No. 24 East 22d Street, New York City.

LECTURES.

Miss J. A. Fowler gave the first lecture of a series of talks to ladies and gentlemen on Wednesday morning, January 6th, at eleven o'clock. Her subject was "The Psychological Effects of Musical Vibrations on Temperament in Health and Disease," Among other things the lecturer referred to the influence of vibrations on various individuals, especially the vibrations of voice of the teacher, preacher, and mother on children, audiences, and members of the home. She spoke of different kinds of music that had direct influence upon individual life, especially in diseases, and consequently she urged her hearers, for the sake of avoiding nervous prostration and other common ailments to study the question thoroughly for themselves. At the close of the lecture, hints were given to the individual members of the audience on musical vibrations in relation to their individual needs. Mrs. Anna Randall Diehl was the guest of honor. These lectures will be continued throughout the month, weekly on Wednesday mornings. The various temperaments will be introduced as head-lights for the discussions. The vital temperament was touched upon on January 13th, the motive temperament on the 20th, the mental temperament on the 27th of the month.

In February Miss Fowler will lecture on "Four Great Leaders of Thought," namely Emerson, Ruskin, Carlyle, and Browning. An appreciation of the Life and Writings of each:

These lectures will be on the 3d, 10th, 17th, and 24th.

E. M., Brooklyn.—We are glad to know you have seen the PHRENOLOGICAL JOURNAL in the Schermerhorn Street Library, and trust that many others will also be able to examine it there. In regard to your question concerning the singer's temperament, we believe that you lack vitality or constitutional strength sufficient to produce a volume of voice. If, as you say, you have a very sweet voice, can you not be content with that? We would advise you to take a course in breathing exercises, for these will greatly enhance your capacity of voice and add volume to your singing. Breathe when you are out in the open air as well as when you are in the house, and form the habit of sitting and standing erect, and throwing your shoulders back. Do this every day and we believe you will benefit by the suggestion.

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CURRENT EXCHANGES.

"Lippincott's Magazine"—Philadelphia.—Has a complete story by Edgar Fawcett called "Doreen," and five short stories by other well-known and interesting writers.

"The Delineator" (for January)—New York.—Has an article by Mrs. Osborn on "The Fashions in New York." Mrs. Aria talks on "The Fashions of London," and Mrs. John Van Vorst writes on "Dress and Gossip of Paris." All of which are illustrated.

"Review of Reviews"—New York.—Has an article and frontispiece portrait of Herbert Spencer and a character sketch of Mr. Elihu Root.

"The Massachusetts Ploughman"—Boston.—Contains many hints to housekeepers, science jottings, and historical events, besides articles of value on agricultural topics.

"Human Nature"—San Francisco.—Allen Haddock, editor. This monthly has an opening article on "Mapping a Career." It is illustrated with the picture of Dr. August Greth, inventor of the airship that successfully sailed over San Francisco. An article on "A Strange Mental Phenomena" unites many intersting facts. "Man a Triune Being," is the heading of another article of special interest. All the articles are short, bright, and breezy.

"Pacific Medical Journal"—San Francisco.—Has an article on "Teaching of Physical Diagnosis," by Wilder Dwight, M.D., among other original articles.

"Good Health"—Battle Creek, Mich.—This magazine comes to us with a beautiful new face to greet us in the new year. It is admirably edited by J. H. Kellogg, M.D., and contains many valuable articles. One that is illustrated is "Wintering in Old Mexico" by J. W. Erkenbeck, M.D. The Mexican diet is explained in this article. A chart of food elements is a valuable contribution.

"Human Culture"—Chicago. — Contains an article on "The Best Quality of Brain and How to Make It," by the late L. A. Vaught. It is very difficult to cultivate quality of organization, but it can be done with care and proper environments. "Occupations, Professions, Trades, Businesses," by Charles F. Boger, explains the requirements of a physician. "Character vs. Props" is the heading of an article by Emily H. Vaught.

"The Literary World"—Boston.—Contains as usual some interesting reviews of American literature.

"Wings"—London, England.—Opens with a letter from the President of the Women's Total Abstinence Union, and contains a portrait of its President, Mrs. E. W. Brooks, who has long been known for her interest in temperance matters. Dr. Dawson Burns, one of the pioneers of the temperance movement is another writer for this estimable temperance journal. We are glad to see the faces of our old friends once more.

"Will Carleton's Magazine"—Brooklyn.—Gives the latest and best poetry from this remarkable song writer.

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"Popular Phrenologist"—London, England.—Contains articles by Millott Severn, James Webb, and others on "Phrenological Topics of Interest."

"Medico-Legal Journal"—New York.—"Spiritism, Hypnotism, and Telepathy, or Discussions on these Subjects before The New York Medico-Legal Society." An excellent portrait of Clark Bell, Esq., LL.D., and many other prominent people interested in these subjects are given.

"Dog Fancier"—Battle Creek, Mich.—This publication has, as its name indicates, much to say upon our dog friends of all kinds.

"The Character Builder"—Salt Lake City, Utah.—John T. Miller writes on "Hygeo-Therapy" and "Suggestions to Parents and Teachers." "Joshua Hughes Paul" is the subject of a character sketch with portrait under "Human Nature Department," edited by N. Y. Scofield.

"Medical Times"—New York.—This journal was founded by Egbert Guernsey, M.D., and is ably edited by Alfred Kimball Hills, M.D. Its articles are forceful and up to date.

"The New Voice"—Chicago.—Contains a "Flashlight from Old New Hampshire," by Mrs. Clement Leavitt, among other valuable contributions.

"The New York Observer"—New York.—Has an article on "The Revival by Individual Effort," and that is what all good work depends upon.

"The Woman's Tribune"—Washington, D. C.—Contains an article on "A Pair of Spectacles," by Eugene Del Mar. Also other items of note concerning women. One short article on "Men's Reason for Woman's Suffrage" is well written. It is the platform of the male electors' league for woman's suffrage in Great Britain. It is worth reading.

"Modern Farmer"—St. Joseph, Mo.—Is up to date in its methods of keeping farmers and others in touch with a few things worth knowing concerning stock-breeding, bee-raising, fruit-growing, etc.

"The Literary Digest"—New York.—Contains one article on "The Notable Books of the Day." Portraits are given of new books that have just been issued. Under the heading "The Religious World" is an article on "The Religious Significance of Parsifal," which is creating so much comment and criticism just now.

"Our Dumb Animals"—Boston.—This publication has always a good word to say for our pets at home.

"The Light of Reason"—London, England.—Edited by James Allen.—This monthly contains a number of short articles on ethical problems. One on "Guarding Oneself"; another on "Wrong Thinking"; a third on "The Lesson of Radium."

"The Churchman"—New York.—Contains an illustrated article on "The Conference of the Bishops of the Anglican Communion in China and Hong Kong." Among other interesting articles, we have one on the "Portals of St. Bartholomew's in New York." On New Year's Day a marble tablet was unveiled at the City Club in memory of Mrs. Rebecca Salone Foster, the Tombs Angel, who perished in the Park Avenue Hotel fire, in her efforts to rescue some of the inmates. A picture of this tablet is given on page 65 of the "Churchman." On her lips was the law of kindness. She was an exceptional woman.

"The Homiletic Review," published by Funk and Wagnalls—New York and London.—Is an international monthly magazine of religious thought, Sermonic literature, and discussion of practical issues.

PUBLISHERS' DEPARTMENT.

The Phrenological Annual (Fowler & Wells Co.) for 1904 is just to hand, and every page is full of interest. Have it on your desk and take a peep if only for five minutes, for you will work four times as fast after the refreshing breezes you may get from the novels of James Webb to the birthplace of Dr. Gall. It is well described, and we can see some of our old friends' happy facial expressions as he describes the various scenes.

A full list of the excellent articles may be gathered from the advertising page. Price, 25 cents.

Chronic Diseases, Especially the Nervous Diseases of Women. By D. Rosch. Price, 25 cents.

Smoking and Drinking. Does it pay to Smoke? Will the coming man drink Wine? Inebriate Asylums and a visit to one. By James Parton. 151 pages. Price, paper, 50 cents; cloth, 75 cents.

Tobacco: Its Effects on the Human System. By Dr. William A. Alcott. With notes and additions by Nelson Sizer. 149 pages. Price, 25 cents.

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Muscle-Beating; or Home Gymnastics for Sick and Well. By C. Klemm, manager of the gymnasium of Riga. Price, 30 cents.

Life at Home; or, the Family and its Members. By Wm. Aikman, D.D. New and revised edition. Price, cloth, $1.50. The subjects of Husbands and Wives, Parents, Children, Brothers, Sisters, Employers, and Employed, and the Altar in the House, form some of the principal chapter headings in this book, which has received universal commendations from the press.

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TESTIMONIALS ON FRICTION SOAP.

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Richard McGrath maintains it is doing him good for eczema, where all other remedies had failed.

Theodore C. Drake praises it very highly for sore hands in winter and eczema on his face, and would not bear to hear a word against it.

Tony Campernell.—It is doing him and wife good, both suffering from rheumatics.

Mose Blandin.—It is good for his leg, which was broken at ankle.

William Cloate finds it good for his ankle, which he always ailed from. His wife is pleased with it, too. He recommends it, and will find customers. He could never find anything to cure his ankle.

Pat Conan says it is all right; no fault to find with it.

Fred Woodward.—It is good for his wounded ankle, which was crushed. He uses soap now instead of arnica, laudanum, etc.

Fred Ingalls, photographs.—He and his wife in particular maintain it is very good for washing, and can find no fault with it.

Henry West.—His wife has taken on to it for complexion. Each of these admit it grand for softening the hands, and all who try it are pleased with its washing of the hands, no matter how oily, greasy, or black.

Mr. Curley had an attack of rheumatics, and after using over a tin of it found marked improvement. He said he felt benefit from it after every washing. He lost nine pounds in two weeks with the rheumatics, and is now back to his old weight.

Tom Collins.—His wife and family and himself find it a good thing; no fault.

Louis Dufour, French Canadian, electrician, informs me his wife found it cured the chapped hands of his children when every other means failed.

Charles Hopes, chief engineer, informed me that it did him good, and that his wife wished to mention to me that it was grand.

Mr. Fred Jones, Superintendent Glens Falls Portland Cement Works.—He tried it only twice, and finds it to clean grease off the hands, cutting it away completely.

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The December number of THE PHRENOLOGICAL JOURNAL fully sustains the reputation of that magazine for furnishing its readers with instructive and helpful articles suited to their various tastes. Among its articles worthy of special note we would mention "An Estimate of the Characteristics of the Kiowa Indians," by J. A. Fowler, and "The World of Sport," by B. H. S., both beautifully illustrated, "The Analysis of Memory on a Phrenological Basis," by R. K. Smith, and "The Psychology of Childhood," by W. F. T. Mollenhauer. The journal is published monthly at 10 cents per copy, by the Fowler and Wells Company, New York.—*The Free Methodist.*

"How to Feed the Baby, to Make It Healthy and Happy: with Health Hints." By C. E. Page, M.D. Sixth edition, revised. 168 pages. Price, cloth, 75 cents.

"Notes on Beauty, Vigor, and Development; or, How to Acquire Plumpness of Form, Strength of Limb, and Beauty of Complexion." With rules for diet and bathing, and a series of improved physical exercises. By William Milo, of London. Twenty-three illustrations. Price, 10 cents.

"The Philosophy of Water-Cure: the Development of the True Principles of Health and Longevity." By John Balbirnie, M.D., with the confessions and observations of Sir Edward Lytton Bulwer. Price, paper, 25 cents.

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"Water-Cure in Chronic Diseases." An exposition of the causes, progress, and termination of various chronic diseases of the digestive organs, lungs, nerves, limbs, and skin, and of their treatment by Water and other hygienic means. By James Manby Gully, M.D., F.R.S. 405 pages. Price, cloth, $1.25.

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"The Causes of the Decay of Teeth." By C. S. Weeks, dentist. 12mo, 24 pp. Paper, 10 cents.

"Fruits, and How to Use Them." By Hester M. Poole. In the body of this book all the fruits of the earth are discussed. Each one is marshalled before our eyes. First as the poet sees it; then we are told its color, growth, and hygienic value; when we should pick it, and how to eat it. Then a fair line of recipes follow. The author does not pause in her masterful work till she has taught us how fruit should be served. She does a good many things well. That she is a mistress of detail is at once recognized, the book being an epitome of all that is worth knowing about fruits. To quote a few lines: "The value of fruits as food is far from being generally understood; fragrant, toothsome and pure fruits, with their more solid cousins, the grains, afford every element needed for the nourishment of the human frame." Price, $1.

"True Manhood," the secret of power, a manual of sexual science and guide to health, strength, and purity, by E. R. Shepherd. This is an invaluable aid to parents, guide for boys and guide for men. By following its teaching happiness will be secured, health will be preserved to whole generations of strong, pure, and happy beings. Price, $1.25.

"The Lucky Waif." This is the title of a well-written story, especially for mothers and teachers, based on phrenological ideas, with which the author was very familiar. The price of the book places it within the reach of all, and is sold at only 25 cents. The number of this edition is limited, and it is not likely that another will be issued at the same price. On receipt of the amount a copy will be sent to any address. The book can certainly be read with great profit by any who are interested either in Phrenology or in the care of children.

"Spurzheim's Lectures on Phrenology" contains eighteen lectures. These lectures were first printed fifty years ago, but they are not by any means out of date. The following is an extract of his lectures on children: "The development of the various faculties in children, too, exemplifies in a striking manner the plurality of powers. The infant early begins to observe, but it is some time before it learns to distinguish the difference between objects and persons. But soon it begins to notice the differences of form and size, and even color, but this later. It is some time before it takes cognizance of numbers; and all know how much various intelligence a child displays before it learns to talk. If the mind were all one organ there could not be this difference." Price, $1.

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TABLE OF CONTENTS

Frontispiece.
The Language of Eyes . . . . . By J. A. Fowler
A Recent Visit to Tiefenbrunn and Longuich . . . . . By James Webb
Character Sketch of Mr. Frank C. Jarvis (*with portrait*) . . . By D. T. Elliott
The Study of Phrenology . . . . . By J. P Blackford, F.B.P.S.
Character Sketch of Miss A. Brackenridge, F.F.P.I. (*with portrait*) By D. T. Elliott
The Use and Abuse of Registers . . . . . By John William Taylor
Character Study . . . . . By R. Dimsdale Stocker
Individuality . . . . . By John Henry Wild, F.F.P.I. Hons.
Character Sketch of Mr. John Asals, F.F.P.I. (*with portrait*) . . By D. T. Elliott
Personal Magnetism (*with portrait*) . . . . . By A. Verner, F.A.I.P.
Phrenology and the Ideal . . . . By W. K. Smith, N.P.S. Hons., F.P.I. Hons.
Physiognomy and Phrenology (*with portrait*) . . . . . By W. Hatfield
Character Sketch of Mr. E. Morris (*with portrait*) . . . . By D. T. Elliott
Phrenology in the Field . . . . . By C. De Lancey Allen
Phrenology: Its Use in the Schools . . . . . By L. Genivieve Doll
Phrenology the Basis of a True Education . . By Rev. F. W. Wilkinson, F.F.P.I.
Character Sketch of Mr. Lipman Greenstein, F.A.I.P. (*with portrait*) By D. T. Elliott
Phrenology the Nation's Right Hand . . . . . By Theodore Wright
Memory . . . . . By Adena C. E. Minott
Ethnology, or Races of Mankind . . . . . By J. A. Fowler
Phrenology, and How its Objectors May be Met . . By W. Rockwell-Kent
Hints to the Wise . . . . . By T. W.
Phrenology and the Practice of Medicine . . . . By Elizabeth W. Smith
Phrenology as a Science (Interview with Professor E. Morris).
Phrenology and its Uses in the Photographic Art . . . By W. H. Drouatzky
Reports of Institutes and Societies.
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Vol. 117 Number 3

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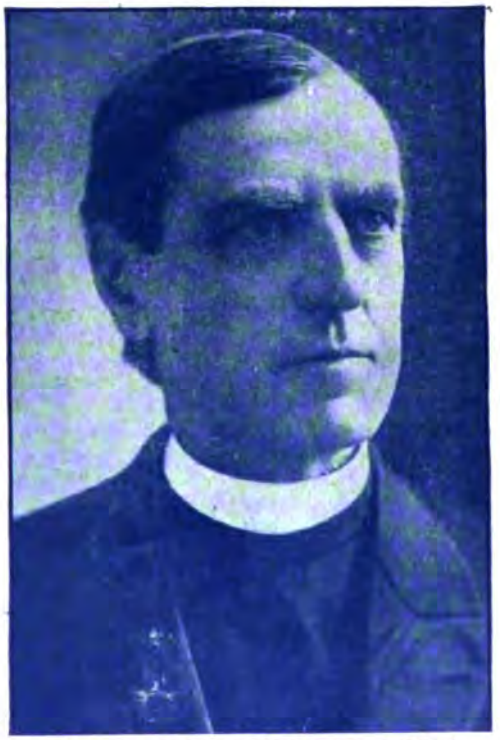
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CONTENTS FOR MARCH, 1904

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		PAGE
I.	**The Rt. Rev. Samuel Fallows, A.M., D.D., LL.D.** A Sketch from a Personal Examination. By J. M. Fitzgerald. Illustrated	69
II.	**Exercises for March.** By Captain Jack MacDonald	74
III.	**Practical Psychology.** Memory	75
IV.	**People of Note.** The late Chas. T. Saxton; the late Mrs. Emma Booth-Tucker. Illustrated. By J. A. Fowler	77
V.	**The Organ of Conjugality**	80
VI.	**Truthfulness in Individual Character.** By Julia Colman	81
VII.	**The Science of Health.** The Causes of Disease and Death; The Bread Problem; Typhoid Fever from Clams. By E. P. Miller, M.D.	84
VIII.	**The Psychology of Childhood.** By Uncle Joe	85
IX.	**Higher Education and Motherhood.** By Mary Lowe Dickinson	87
X.	**Specialized Education.** By John L. Streever	88
XI.	**The Rationale of Phrenology.** By Rev. F. W. Wilkinson	90
XII.	**Have You Got the Humeritis?** By Dr. C. W. Brandenburg	91
XIII.	**Music, Art, and Poetry, the Products of the Subjective Mind.** By J. Thornton Sibley, M.D.	92
XIV.	**The American Institute of Phrenology**	94
XV.	**Editorials.** "Knowledge is Power." The Plain Living Movement. "Be Thou a Star, a Sun," by Margaret Isabel Cox	97
XVI.	**Reviews.** Mesmerism and the Doctors. By J. T. S.	99
XVII.	**To New Subscribers**	100
XVIII.	**Our Correspondents**	101
XIX.	**Field Notes.** The Fowler Institute, London. The American Institute of Phrenology. Sense and Nonsense	101

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The Rt. Rev. Samuel Fallows, A.M., D.D., LL.D.

A SKETCH FROM A PERSONAL EXAMINATION.

By J. M. FITZGERALD.

Of all the forces that help mold an age, or shape the destiny of mankind, the work of the educator is the most beneficent. "Ideas," said Plato, "are everything; they form the universe, are derived from the Supreme Being, or constituted by him and form the aggregate of creation." This doctrine is final; we will never be able to set it aside.

An idea, whether it takes shape in constructing a better plow, in building a more sanitary dwelling, or in stimulating some person to nobler impulses, is the most essential thing in a world of struggling humanity. The man of ideas is an educator, be he philosopher, minister, or farmer. Whoever strives for higher ideals, a perfect manhood and womanhood, for a clearer view, a larger life, they and their work are really worth while; it may seem vain for the moment, but in the aggregate of human affairs it helps to crystallize into a perpetuity the best, the noblest attributes of human nature. And thus lifts us up and out of our meaner selves into a saner assumption of life's duties, to forge the way to nobler efforts, to greater sacrifices and purer aspirations.

Learn what are a man's ideals, and you have the key to his life. Beecher commanded the young ministers "To aim high, for in traveling the distance remember that gravity will pull your ambitious arrow earthward."

Of the thousands of great men of the past and present generations who have striven with all their might to make this the most glorious country of earth, none have surpassed in their zeal and earnestness the subject of this sketch, Bishop Samuel Fallows, of Chicago.

In the study of the organization of this gentleman we perceive that he has the spare build that indicates a strong endowment of the motive temperament; this is a scientific assurance that we may expect hardihood, endurance, activity, and positiveness of purpose and action.

His physique is free from any superfluous flesh, hence the circulation is not impeded by useless tissue or in

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nourishing what is not essential to the vital economy of both brain and body.

The head measures 22½ inches in circumference at the central line of the forehead, with the greater volume of brain forward and upward of the ears (this is "one of the really small heads containing a great intellect" that two physicians offered to me as a proof against Phrenology), therefore, the mental temperament is strongly blended with the motive, with an inheritance of fine organic quality he is certainly organized and adapted to an active intellectual life.

The face is cameo-like in its definiteness of features; each feature stands out as clearly as if a sculptor had fashioned it with a view to harmony, yet giving due importance to each part. Great strength of will, determination, positiveness of opinion and feeling, yet, each lineament is touched with a softness and gentleness that makes the face a very inviting one and of which with all its manly strength no little child would feel afraid. The forehead stands out in bold relief, overhanging the face; it is broad, high, and of great depth toward the ear. The perceptive faculties, located directly back of the eyebrows, are immensely developed; he was born an observer, has a natural fact-gathering mind, one that fully appreciates the true scientific value of each material thing or object, their qualities, appearances, and use.

The reflective faculties, occupying the brain of the upper forehead, have undoubtedly received the greatest culture during the last forty years. This part of the cranium, together with the parts covering the moral brain centers, are splendidly expanded and positively convexed from the almost ceaseless action or throbbing of the brain against the skull. I thought what an excellent subject for a blindfold delineation of character and talents; one can demonstrate the proofs of Phrenology on his head as easily and surely as a problem in mathematics on a blackboard. The caliper measurements are: Perceptive group, 6 degrees; Locality, 6¼; Eventuality, 5¾; Language, Human Nature, and Causality, 6 degrees each; Comparison, 6¼. The latter faculty is the most powerfully developed of any of the many thousands of heads I have examined, and many of these have been notable heads, too. His comparative memory is phenomenal; this, combined with his great fluency of speech, augmented by his wonderful faculty of Ideality, renders him one of the most brilliant, rhetorical, and impressive orators in America.

The motive element of his temperament impels him onward, therefore he is not an abstractionist, caring to dwell upon thoughts of the most abstruse and metaphysical nature, but, rather, a combination of the utilitarian thinker and executive. While he has three faculties of the poet, he possesses six of the historian. He is intensely practical. While others may lose themselves in the tangled web of introspective philosophy, he is busy gathering the grains of gold from the tons of dross and smelting them into usable form. All of the vast library of information that is stored up in his wonderful brain is usable; it relates to the eternal now. His powerful faculties of Individuality, Language, and Comparison give him a genius for storing up experiences and knowledge gathered from every source, which furnish a perpetual fountain of metaphor, simile, and allegory, and at a moment's notice he can concentrate his mind upon a subject and pour forth a flood of information such as to astound the average scholar of marked ability. Certainly no citizen of Chicago is blessed with such a remarkable versatility of mental attainment and ability.

Suavity is a minor compared with the major faculties of his intellect, therefore he heartily detests flattery. He is too sincere and earnest to idle one moment in saying what he does not mean; besides, it wastes time, a thought repugnant to every fiber of

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his being. Few men at the age of forty-five are so busy as he at the age of sixty-eight years.

Firmness and Self-esteem are 6½ degrees each. Approbativeness and Continuity 6 degrees. These faculties have contributed their full quota of influence in forming the character and giving direction to the ability of the good Bishop. They give fixedness of resolution, unshaken faith in his ability to do well anything he undertakes, ambition to rise out of the routine common to the great mass of mankind, and the continuity of action to put the seal of perfection on his work. With 6 degrees of Destructiveness he has energy perpetual. Consequently it is not surprising that he has made time enough for the accomplishment of so many distinct lines of work.

For more than forty years he has been an ardent student of psychology from a sociological and physiological viewpoint, and for many years has filled the chair of psychology at the Bennett Medical College of Chicago. He is a strong believer in Phrenological principles and doctrines, i.e., that man is not fated, and that each faculty can be cultivated and the brain center developed if one but wills to do so.

I quote from a recent article of his published in "The Chicago American" Educational Symposium: "I cannot too strongly affirm the power we possess to rule the realm of mind. I utterly deny the fatalistic doctrine that as a man is born so is he to be. I indignantly repudiate the teaching that a material organization is to despotically dominate the immortal soul. I spurn with all my nature the Punch and Judy theory of the universe exploited by Robert Ingersoll.



THE RT. REV. SAMUEL FALLOWS, A.M., D.D., LL.D.

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"The weakest volitional power can be made strong. Cranial protuberances, by the central force which God gives to every man, can be hammered and molded in the right shape or form. The narrow, quivering chin can be broadened and rendered firm. The shifting eye can be made steady. The hang-dog look can be changed into the upward, steady gaze, of conscious power. The brain cells at once respond to the psychical demand; they begin to multiply, to enlarge, to be filled up with the best gray matter."

Intellect and will are the chisel and hammer, sentiment and feeling the two hands that grasp firmly the tools with which to carve a beautiful statue from the rough stone, or a beautiful life from the vicissitudes that beset our earthly habitation.

Two words might be said to represent his nature, viz., goodness and purpose; goodness first, because his enormous faculty of Benevolence, supplemented by the splendidly developed faculties of Spirituality, Hope, and Conscientiousness, rule his mind and direct his attention toward the betterment of all mankind. His Benevolence is 6½ degrees. Spirituality, Hope, and Conscientiousness each measure 6 degrees.

The development of the foregoing faculties constitutes him a humanitarian first, then a preacher; a Christian first, then a Reformed Episcopalian. An optimistic believer in human goodness, Mercy is his watchword.

Nearly forty years of uninterrupted educational and ministerial duties have greatly weakened his combative faculty; and with Veneration, the least positive of those faculties occupying the upper top head, he is for peace and harmony in matters religious. His relations with preacher and layman of other denominations have been very pleasant and cordial.

He represents, as few men of the ministry do, the latter-day movement toward interdenominational action in all good things, toward ignoring sectarian lines in every matter affecting public interest.

Every little while he is instrumental in forming pan-sectarian committees, the members of which include Roman Catholic priests, Jewish Rabbis, and representatives of every Protestant denomination, for the purpose of carrying on charitable and other enterprises, the Bishop usually being chosen chairman of the committee.

Oh, that we had a Bishop Fallows in every resident street of all of our large cities, so that we would have ample means for awakening the attention of thousands upon thousands of benighted and foolish young men and young women to their birthright and possibilities, then truly and exultantly we could exclaim: "O land of the free!"

The back head must have been inherited from his mother, because the faculties of love of home, children, and conjugality are so strongly developed that they give an elongated occiput. His Amativeness and Sociability are not above the average, hence he does not attract people in a personal way. His finely developed intellectual and moral faculties have kept him too busily engaged for social amusement or conversation. Instead, he has been a leader of leaders. Other men of ability have intuitively discerned that he could command, and they have been very willing to submit to his gentle authority.

An incident that the writer witnessed will illustrate the simplicity of his character when it might be said he was "off duty." A few years ago I attended a picnic composed of the members of his congregation (St. Paul's Reformed Episcopal Church) and also the members of a Baptist Church. The young men members of each congregation taking opposing sides in various games, such as tug-of-war, foot-racing, and baseball, during which the Bishop was one of the most enthusiastic admirers of the contestants, cheering them on to their utmost energy and skill, and when the games

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were over he picked up one of the little boys playing near by and swinging the little fellow astride of his back started for the camp a quarter of a mile away. From the evident enjoyment of both it was the happiest moment of the day. Whereupon I remembered the injunction, "Suffer little children to come unto me and forbid them not, for of such is the kingdom of heaven."

We quote the following from an article appearing in the "Chicago Tribune" of three years ago, entitled "Eminent Citizens of Chicago":

"Soldier, educator, orator, author, preacher, humanitarian, these are some of the titles that belong to the Rt. Rev. Samuel Fallows, Bishop of the West and Northwest of the Reformed Episcopal Church, and one of Chicago's most cultured citizens. . . .

"He led his class in college, and when graduated at the University of Wisconsin, in 1859, he was valedictorian, though he had supported himself through college by serving as a tutor or sub-instructor in college and by teaching in vacation.

"Almost immediately after his graduation he was elected vice-president of Gainesville University, and filled that position two years; at the end of that period he entered the ministry. When the war of the rebellion broke out he became Chaplain of the Thirty-second Wisconsin Infantry, and served for almost a year, then was sent home in ill-health. But he soon became strong, and again resolved to go to the front. He was instrumental in organizing the Fortieth Wisconsin Infantry, known as the 'Normal Regiment,' because so many of its members were teachers and students, and was elected its Colonel. Subsequently, and till the end of the war, he served as Colonel of the Forty-ninth Wisconsin Infantry, and before being mustered out was brevetted Brigadier-General for meritorious and gallant services.

"In 1871 Governor Fairchild appointed him State Superintendent of Public Instruction for Wisconsin. Twice thereafter he was elected by the people to the same position as State Superintendent. He began the unifying of the educational system of the State, and accomplished a task which has left its mark on the educational system of Wisconsin to this day.

"In 1873 he received from Lawrence University the degree of Doctor of Divinity, and a year later, his term as superintendent expiring, accepted the presidency of Wesleyan University at Bloomington, Ill. Since that time he has been a citizen of Illinois. In 1875 Doctor Fallows allied himself with the Reformed Episcopal Church. In 1876 he was elected a Bishop of the Church, and since then he has been re-elected to that position at each successive meeting of the general governing body of the Church.

"As a writer Bishop Fallows has achieved distinction. His works, entitled 'Synonyms and Antonyms,' 'Hand-book of Abbreviations,' and the 'Progressive Dictionary,' are prized by English scholars. Among his other writings are volumes on 'Liberty and Union,' 'Bright and Happy Homes,' and 'Life of Samuel Adams,' in the American sketch series. He also has written much for the periodicals of the country, has been a contributor of papers and addresses at many public occasions, and was the editor of the American articles in the latest copyrighted American edition of the Encyclopedia Britannica. Besides his literary work and his pulpit labors Bishop Fallows has found time to give to the work of the Chicago Literary Club, the Psychical Society, and the Victorian Institute, the latter the great philosophical organization of Great Britain, of all of which he is or has been a member.

"During the World's Fair, held in Chicago in 1892-3, he was chairman of the General Committee on Educational Congresses. He is known as the friend and champion of the American soldier, especially the volunteer soldier. Many of his public addresses on patriotic oc-

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casions have been widely quoted, for he is eloquent, earnest, and scholarly, both as preacher and orator.

"In 1896 the University of Wisconsin conferred upon Bishop Fallows the degree of LL.D., in response to the unanimous request of the faculty of over 150 members.

HIS WORK FOR PONTIAC PRISON.

"In 1891, when the old Pontiac Reform School was reorganized and became a State institution, Governor Phifer made Bishop Fallows a member and president of the board of trustees. He has been reappointed twice (under both Democratic and Republican administrations). He goes two or three times a month to Pontiac to visit the boys and look out for opportunities for safe employment for them when they are liberated. Bishop Fallows is proud of the record that has been made by boys paroled from Pontiac. In the nine years over 4,000 have been set at liberty, each on the guarantee of good conduct vouchsafed by some friend or influential person interested in the boy's behalf. Of these, from records carefully gathered, it is shown that fully eighty-five per cent. have turned out well, i.e., they have become self-supporting and useful members of society, and have kept themselves from any further charges of misconduct."*

Exercises for March.

MENTAL TEMPERAMENT.

(C) A man weighing one hundred and fifty-six pounds; height, five feet six inches; age, forty-five; circumference of head, twenty-three inches; height from ear to ear, fifteen inches; length from glabella to occiput, fourteen and a half inches, should take the following exercises daily, after practicing those given under (A) in the January Journal and under (B) in the February Journal:

(1) Stand erect, hips firm, or hands on hips, knees stiff, head erect; rise on toes, swing arms from front to rear. (2) Heels firm and hands to sides. Repeat twelve times. (3) Reverse movement, rise on toes, one, raise arms from rear to front. (4) Heels firm, bring hands down to sides; repeat twelve times. (5) Place palms together, forward stretch, swing to rear back of the hands to touch if possible. (6) Bring hands to front, to side; repeat twelve times. In this exercise the body should not be bent forward, but kept erect. (7) Repeat the last exercise very slowly, and as the hands and arms pass backward fill the lungs with a deep breath, hold it until the hands pass the shoulders in their return journey, halt before another breath is taken, bring hands to side; repeat twelve times. (8) Plunge forward with right foot, knee bent, left limb perfectly straight, repeat the last exercise with the addition of the lunge, position. Change left foot forward, lunge; repeat twelve times, position. Repeat from the commencement, with number one movement, until ninety-six counts have been reached. Rest five minutes. Repeat the above directions three times before going to rest.

Next month exercises for the Motive Vital Temperament will be given.

A prize is offered to the one who has been the most faithful in carrying out these exercises for six months. Particulars to be sent in on July 1st, with a record of time spent on the exercises each month. Address, Editor Physical Exercise, PHRENOLOGICAL JOURNAL, 24 E. 22d Street, New York City.

CAPTAIN JACK MACDONALD.

*Bishop Fallows is still president of the board of trustees of Pontiac Reform School, and is conducting a social experiment that is attracting national attention.

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Practical Psychology.*

Memory.

(A) We wish to condense a few thoughts on the Psychological aspect of Memory, including *"retention," "the law of similarity," "reproduction,"* and *"association"*; and (B) The Phrenological aspect of Memory.

The question of Memory is a very important one, whether it is treated from a purely Psychological or Phrenological point of view, and the comparison of the method, by which we recall impressions, appears to us to be worthy of our *special* attention.

Psychologists speak of memory as a retention and reproduction of ideas through the influences of the senses, which they say are the source of all our knowledge about external things, but if we were only capable of observing objects we could gain no lasting knowledge about anything. Knowledge of things is not a momentary attainment, vanishing again with the departure of the things; it is our enduring possession, which we can make use of any time, whether the objects are before us or not.

They also state that "retentiveness" is the important property of mind through which objects impress our minds through the senses. They also state that it is a "Physiological fact that the brain centers are permanently modified by the various modes of activity, thus the activity of the visual centers involved in seeing and observing leave their impressions upon the object thought about, that 'retentiveness' shows itself in the ability to reproduce the impression when occasion presents itself, thus the mind retains the impression of a person's face, of a tune, and so forth, when it can afterward revive or recall this."

A psychologist, however, as we see by this quotation, admits that it is the visual centers alone that help us to retain our memory of a flower or a person's face.

Phrenology points out that there are definite brain centers which preside over certain memories, and that "retentiveness" is the result of the activity of these definite organs. Again, Psychologists speak of "representation," i.e., the act in which the mind re-presents to itself what was before represented, which process is called "re-productive imagination," because in thus mentally realizing an object in its absence we are really exercising a form of imagination. This mental region of pure representation roughly answers, it is said, to what we call memory. To remember a thing is to retain an impression of it, so as to be able to represent or picture it. The Psychologist knows nothing about retention except through the form of mental revival or mental reproduction. A child may not at all times be able to recall what he knows, or he may not be able to recall the whole of his lesson when the teacher asks him a question at a time when he is not thinking of it, but a teacher generally judges whether a child can retain a lesson by the amount he can produce under favorable circumstances.

If Psychologists were willing to admit that the impression of a person's face, a tune on an instrument, or a column of figures were recalled by a child because of the development of associating faculties aside from the activity of the visual center, then the teacher, as a Psychologist, would have some ground to work upon. He would know that to remember a face a child must have some definite mental faculty, aside from his sight or visual centers to depend upon.

Phrenologists help the teacher by explaining that Individuality, Form, Tune, and Calculation are brought into active service. If a child's lesson is upon the subjects that particularly interest him, such as geography or

*Digest of a chapter of a new work on "Practical Psychology," now in the press.

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botany, or if the child has traveled much, and has seen the historical places mentioned in his lesson, or if he has made a collection of plants, flowers, and leaves, the memory of these things will not depend entirely upon his sight, but because certain faculties of his mind have been called out in the exercise of such knowledge, and on that account he will have an association of ideas and will recall what he has heard or seen through the impression that has been made upon his Eventuality, Individuality—Comparison and Locality. The visual center of the blind is not appealed to by external objects, yet an impression is made on their minds through definite centers and through the various memories that store up a knowledge of particular things. How is it that the blind can play? They cannot see the notes, and the mere touch of the piano or organ keys would not be sufficient to enable them to store up a consciousness of the different notes of the piano; besides, all blind persons do not play equally well. The center for hearing is not enough to record sounds and melodies to enable them to recall sounds with sufficient definiteness to help them to repeat what they have heard. They must have a certain mental endowment, such as the organ of Tune can give to fit them to become musicians. The function of Tune is to perceive melodies and the harmony of sounds. Those in whom it is strong have the power to originate harmonies and memorize them. Those who are deficient in the Tune center may distinguish tones, but they do not perceive harmonies or discords.

The Time center is also necessary to a musician to give a perception of interval. A person who has the faculty of Tune in an eminent degree possesses the capacity to produce music, not only as an imitator, but as a composer, like Mendelssohn, Beethoven, and Handel.

Through the aid of Psychology alone a person could not recognize that the memory of sounds and tunes was large in Mendelssohn until he heard him play on some instrument; but a Phrenologist, having a definite guide through the development of the brain, would have been able to have diagnosed his character before hearing him perform on a piano or organ.

Psychologists indicate that *"reproduction"* and *"repetition"* are produced in the mind long after the senses have acted upon it, and they refer under this head to a person recalling an absent friend. Certainly the mind produces old memories of things that have transpired some time ago, a mental image has been set up in the mind, and that image is a copy of the percept.

Memory, according to Phrenologists, is the power of the intellectual faculties to retain and recall the impressions which the mind receives. These impressions must be accompanied with the consciousness that they have previously existed. Memory is not one distinct faculty of the mind, but it is the mode of action of every intellectual faculty. Each faculty has its own memory; thus persons have a good memory of one thing and a poor memory of others, according to the strength of the various faculties of the mind. Memory differs from conception in the fact that it revives impressions that existed previously, while conception forms new impressions.

If a teacher were able by the aid of Phrenology to direct the minds of different children in certain channels, and help one child with his arithmetic, because he finds the child's organ of Calculation small, or help another child with his geography, because his Locality is small, or help another child with grammar, because his Causality is small, then he would secure for the child, the State, and the nation a benefit of a practical character, concerning which Phrenology is aiming to-day.

The Phrenological hypothesis is that Individuality, Eventuality, and Locality, among other faculties, have

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their distinct location in the brain; secondly, that these faculties are located in the lower part of the forehead; thirdly, that through the organ of Individuality we receive "impressions," for it is the faculty which gives the sense of individual existence. Gall named the faculty the "Spirit of Observation"—the desire to know of things as distinct individualities. Fourthly, that Eventuality is the faculty that relates to actions, motions and changes, stories, fables, events, and names. It creates the desire to know what is being done or what has been done, hence it is the center for historical memory. Fifthly, that Locality gives us the perception of direction, and is the memory that assits a child in studying geography.

Calculation, Tune, Form, Color, etc., help us with other phases of memory which we can not enlarge upon here.

People of Note.

THE LATE CHARLES T. SAXTON.

Charles T. Saxton was born in the village of Clyde, July 2, 1846. He died in the City Hospital, Rochester, N. Y., October 23, 1903. Mr. Saxton enlisted in the Union Army in the fall of 1861, was mustered into the 90th N. Y. Volunteers, a regiment made up largely from Brooklyn, and re-enlisted when his term expired, serving continuously until nearly a year after the close of the war. He was but little over fifteen years old when he enlisted, and served faithfully and courageously; he was under fire in numerous battles. He was promoted to be sergeant-major, and after more than four years' service was, at the time of his discharge, less than twenty years old. Immediately on returning from the war he commenced the study of the law in his native village of Clyde, and pursued his studies with such faithfulness and zeal that in less than two years he was



CHARLES T. SAXTON.

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admitted to the bar after as brilliant an examination as any student of his district ever passed. Judge Saxton's public career began first as village clerk, then trustee and justice of the peace. In 1886 he was elected to the State Assembly by the largest majority ever given for a candidate in his district. After serving on several important committees and leading in the ballot reform act, he was elected in 1889 to the State Senate. In 1891 his ballot reform act was passed, and his place as an active and intelligent public servant was established. In 1893 he was chosen president pro tem. of the Senate. In the following year he was candidate for Lieutenant-Governor as running mate to Levi P. Morton, and was elected.

In 1898 he was made a judge of the Court of Claims, which position he held at the time of his death. President McKinley offered him a judgeship in Porto Rico, but this honor he refused in order that he might not be separated from his aged mother.

His success at the bar, his splendid career in both branches of the State Legislature, his winning eloquence as a public speaker, have challenged the admiration of his brethren of the bar and of the whole State. The dignity and urbanity with which, as Lieutenant-Governor, he presided over the Senate, won praise from all.

As presiding judge of the Court of Claims, his legal learning, his perfect fairness, his enlightened judgment, his courteous demeanor, and his dignified bearing demonstrated at once that the right man had been selected for the position. "He was every inch a judge." Judge Saxton had no opportunity to attend school after he was under fifteen years of age, yet he became a learned man, and Union College bestowed upon him the honorary degree of Doctor of Laws. It was impossible for Judge Saxton to participate in or countenance a dishonorable action. He was the very soul of honor.

No man ever lived in his vicinity so generally loved and honored as was Judge Saxton. People of every shade of political opinion united to do honor to his memory, and the expression was in every man's mouth, that a good and great man was gone, and one whose place could never be filled in the lives of our present citizens.

THE LATE MRS. EMMA BOOTH-TUCKER.

A WISE SPEAKER, A GREAT ORGANIZER, A GENTLE MOTHER, AND ONE WHO LOVED THE POOR AND WEAK.

A beautiful life has been snatched from active service at a moment's notice, and were it not that the deeds, example, and influence of the late Mrs. Emma Booth-Tucker will perhaps do more to make people stop and consider the meaningless lives they are leading and endeavor to exert themselves and step out of their lethargy and assume responsibilities in the carrying on of work started by this noble woman, one would not be able to account for such a dramatic event which caused her sudden death.

Strange to say, it was about twenty years ago that Mr. Bliss, the great Evangelistic singer, was overtaken by death in the railway accident at Ashtabula, when he was on his way to join Mr. Moody in the great meeting at Chicago.

Consul Booth-Tucker was on a similar mission, and expected to meet her husband at Chicago, where a number of meetings had been convened. She was returning from a visit to the colony at Amity, Col., where the Salvation Army was intending to send a large number of poor families from the tenement-house region, who would begin life with brighter prospects before them than they could command in a crowded city. She was one of the most promising children of a large family, and inherited much of her mother's striking eloquence and noble-minded ambition. In fact, she was the only daughter who was granted the unique title of Consul, and was con-

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sidered her mother's equal on the platform, and this is saying a great deal, but not a word too much in justice to her many gifts, and we have had the pleasure of hearing them both speak on several occasions. In fact, we shall never forget her farewell address in the large auditorium of the Crystal Palace, which crowded to overflowing on the eve of her departure for America before taking up her duty in this country.

She was the second daughter of William Booth, founder of the Salvation Army Organization, and was born at Gates Head, England, January 8, 1860, and served as her father's amanuensis after she left school, and it was through her that all the General's orders passed. At the early age of seventeen she was placed in charge of the teaching and training of the young women who were studying to become officers in the Salvation Army.

In 1887, when twenty-seven years old, she was married to Frederick de Latour Tucker, who immediately took his wife to India with him, where they worked side by side for nine years. She assisted him in every possible way in systematizing the Army work in India, and no woman could have shown more pluck, energy, and indomitable courage in caring for the poor of that "pestilence-scourged country" during the dangers of the plague and fever. Her work there was the forerunner of her active services in this country. She proved that her mind, heart, and training were all in accord with her tremendous responsibility when, in 1896, she and her husband took control of the vast Army work in New York City and commanded the forces in America. They found as large a sphere in this country as in the one they had left, the only difference being that in India the work was chiefly confined to poverty and disease, while in New York she found herself called upon to grapple with the great social evil, and to fight which she has organized missions.

The Industrial Home in West Fourteenth Street was one institution in which Mrs. Booth-Tucker devoted much time, while the Children's Colony in Colorado and the colony at Fort Amity were two enterprises which emanated from her exertions.

In appearance Mrs. Booth-Tucker was tall, slender, and delicate. Her face was noticeably chiseled and marked a strong character. It was at the same time both gentle and courageous. She was, as Colonel Higgins has said, "the inspiration and life of the Salvation Army in America, and was



THE LATE MRS. EMMA BOOTH-TUCKER.

filled with that energy and cheerfulness which are so indispensable in a leader."

A word about the contour of her head. Few are the opportunities which we have of presenting to our readers an outline of head so perfect as the one we present with this article. There is a preponderance of brain in the superior and occipital regions which, according to phrenological evidence, speaks of the wealth of her moral and social nature. While if an imaginary line were drawn from the opening of her ear to the brow just above her eyes, it would be found that she possessed

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no lack of intellectual culture, capacity, or refinement. Even a disbeliever in the tenets of Phrenology could not help being struck with the fine outline her head presented. Her features, too, represented what was behind them through the strong but delicately outlined nose, the firm but loving lips, the large and sympathetic eyes, and the well-formed chin.

She endeared herself to those with whom she came in touch through her great self-denial, her modesty of bearing, her characteristic geniality, and her evident cleverness all through her work.

J. A. FOWLER.

The Organ of Conjugality.

A TEXAS WIFE'S LOYALTY TO HER DEAD HUSBAND'S MEMORY.

An Indianapolis young woman whose winters are spent in Texas, where her father has thousands of cattle and acres of grass to feed them on, always brings North with her a fund of interesting stories from the Lone Star State.

"The greatest case of woman's devotion to the memory of a dead husband I know of," said she, "is to be found on a big ranch in the foothills of the Sierra Madre Mountains. She is a sweet-faced English woman who is living a life of sacrifice away from her friends because her husband lies buried in that country. Captain Follett and wife came to Texas from England and settled on a big ranch. The captain was successful and made money. His wife, a refined and cultured woman, endured the early privations because she was with her husband and because he was doing well. After years of hard work, when they had gathered about them great droves of cattle and had built themselves a luxurious home, the husband was taken suddenly ill and died. His wife, instead of having him buried in a cemetery, had him laid in the ground in the yard in front of their home. The little mound that marks his resting-place is still there. Friends came to the assistance of the wife and gave her advice and all the assistance that generous Texans can give.

"At length she settled down to living again absolutely alone and unprotected. She keeps no help on the ranch, as none is needed except when it is necessary to brand her cattle or when they are taken to market. On these occasions she calls in the neighbors. But she has no one living in the house with her, and prefers to be alone with her dead —lying there in the yard. Her home is furnished luxuriously. She has a piano and her library and magazines. People visiting her home could scarcely believe from the interior that they were in the very heart of the cattle country, far from civilization. She plays the piano exquisitely, and all the best class of music finds its way into her ranch house. People passing that way late at night are often astonished to hear the sound of a piano played by expert hands coming from the house. She is intensely loyal to her husband's memory. On the piano at the moment of his death was a white duck helmet which he wore on the plains. It lay where he cast it the last day he wore it. It has never been moved from the piano, and the devoted wife will not let it be moved.

"In the rear of the house is a little gate that hangs about halfway open. Captain Follett, the last trip he made through this gate before his illness, left it open, and his wife has never allowed it to be closed. It hangs there to-day just as it did when he passed through it the last time. Mrs. Follett is always glad to have people come and see her

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for a short call, but she will not hear of any one staying with her for the sake of keeping her company. She prefers to be alone out there in the great solitude, living out her life within a few feet of his grave and waiting to join him in the great beyond. That's what I call devotion and faithfulness to the memory of a loved one."—From the Indianapolis Journal.

A PRIZE OFFER.

A year's free subscription will be given to the person who sends the best description of the organs exercised by the lady in the above sketch by June 1st.

Truthfulness in Individual Character.

By Julia Colman.

(*Continued from page 62.*)

Brain and nerves, being a vital structure, they are capable of self-mending, but not entire restoration. Here a man is readily deceived, and he thinks he can venture again. His lapses may run all the way from slight absurdities to the grossest crimes without his own cognizance. Practically they do so, and the small-dose drinker and the criminal both awake from their stupor equally oblivious of what they have been doing. But they know that people in drink do commit absurdities and crimes, and their utmost ingenuity is exercised increasingly to convince all observers that they had not taken enough to hurt them, and friendly observers kindly omit all embarrassing remarks. No wonder that scientific experimenters assert that the only safety lies in *taking none at all.* Dr. Paterson remarks, "the smallest quantity of alcohol limits my usefulness," and another says, "It is clear that the brain and nerves under the action of alcohol, from the very first pass into an unhealthy condition, and the will and judgment grow weaker to the close."

In this struggle the tippler is acquiring a habit of deceit that readily runs into words, until, as one of our little catechisms puts it, "those who take alcoholic drinks cannot be trusted to tell the truth." This shows itself in the most startling manner in our inebriate asylums and other reformatories. Tricks of concealment and the most deliberate lying, wholesale and retail, are of constant occurrence. The most solemn pledges are no more binding than so many wisps of straw. Such cases constantly meet the reformer of adults, till he is heart-sick. It does not follow that all trickery and deceit are due to drink. The best of Books says, "the heart is deceitful above all things and desperately wicked," and this may suggest our reason why alcohol so readily makes it worse. If the man be truthful, however (and there are such), the use of alcoholic drinks will inevitably lead him astray. If he yield to lying about drinks, he will soon lie on other topics, and the influence is contagious. Indeed, lies of all sorts are lamentably common, and of all sizes and colors. How much confidence men usually have in the truthfulness of others may be judged to some extent by the care with which they safeguard their bargains and treaties with their neighbors. Tolstoy says that the influence of liquor drinking is plainly evident in the conduct of all European rulers, for they partake daily, and are never free from its action upon their nerves. They are never the men they would be without its presence.

And what would they be? Dare we believe that total abstinence has become so prevalent in this country as to color the character of our statesmanship? Our English neighbors, after careful investigation, acknowledge that it does improve the productions of our workingmen; and our own railroad magnates have given most emphatic proof of their estimate of its value in

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the required character of their employés. Have we not some reason to believe that its greater prevalence at the mess tables of our army officers would materially modify the official reports we get about the value of the canteens for the soldiers? In short, is there not every reason why we should covet for our influential and responsible rulers, as well as for our other employés, all those elements that go to make for reliability and truthfulness in individual character?



Science and the Bible.

THE CAUSES OF DISEASE AND DEATH.

By Dr. E. P. Miller.

The two main causes of all forms of both acute and chronic diseases and of death, which result from them, are undoubtedly disobedience of the command of God and violations of his laws. The first command given to the first man and woman, after they were created, was: "Be fruitful and multiply and replenish the earth and subdue it," etc. (See Genesis i. 28.) If the first pair did not violate that command their descendants have grossly violated it by abuses and excesses of the sexual function. (See Genesis vi. 2d to 9th.)

The first command given to Adam was: "But of the tree of the knowledge of good and evil thou shalt not eat of it, for in the day thou eatest thereof thou shalt surely die." (Genesis ii. 17.) The disobedience of this command was the primary cause of all the evils that humanity has been afflicted with. Eating things not designed for food has changed the quality of the blood, and by so doing perverted the function of that blood in the brain and in the body; this has brought evils upon the human family in the form of disease and suffering. A terrible punishment was inflicted upon Adam and Eve for violation of this law. They were driven out of the garden of Eden and away from the Tree of Life. The ground was cursed: "In sorrow shalt thou eat of it all the days of thy life." "In the sweat of thy face shalt thou eat bread," and "thou shalt eat the herb of the field: for dust thou art and unto dust shalt thou return." One of the disastrous effects of the violation of God's commands in regard to eating was seen in the effects upon their first-born son. Eve said when Cain was born: "I have gotten a man from the Lord." Yet Cain turned out to be a murderer. The spirit of jealousy was engendered against Abel and Cain slew him. It is our belief that all of the diseases, misfortunes, calamities, and disasters that come upon the people of this world are sent upon them by the Lord God in consequence of disobedience to his commands and violations of the laws he has established to govern them in this world. The fire, the pestilence, the cyclone, the famine, the floods, the earthquake and volcano are under the direction and control of Divine power.

THE PUNISHMENT OF CAIN.

The ten commandments given to Moses upon Mt. Sinai were not given to Adam and Eve or to any of those

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who lived before the flood. After Cain slew Abel the Lord said to Cain: "Thou art cursed from the earth. When thou tillest the ground it shall not henceforth yield unto thee her strength; a fugitive and a vagabond shalt thou be in the earth." Cain's reply was: "My punishment is greater than I can bear." There was little mercy shown to Cain, whether he had any knowledge of the crime he had committed or not. We are informed in one of the ten commandments that "I the Lord thy God am a jealous God, visiting the iniquities of the fathers upon the children unto the third and fourth generation of them that hate me: and showing mercy unto thousands of them that love me and keep my commandments." As an example of the Lord's mercy to them that love him and keep his commandments it is said of Enoch, who was seven generations from Adam: "And Enoch walked with God, after he begat Methuselah, three hundred years, and begat sons and daughters. And all the days of Enoch were three hundred sixty and five years. And Enoch walked with God: and Enoch *was* not; for God took him." Now notice that Enoch's father, Jared, lived nine hundred and sixty-two years. Enoch was the father of Methuselah, who lived nine hundred and sixty-nine years. Methuselah was the father of Lamech, who begot Noah. "Noah was a just man and perfect in his generations, and Noah walked with God." (Genesis vi. 9th to 11th.) "And all the days of Noah were nine hundred and fifty years: and he died."

NOAH THE HIGHEST TYPE OF MANHOOD THEN LIVING.

Noah, who walked with God (who walked with God for three hundred years), was a grandson of Enoch, was selected as the most obedient and highest type of man on the earth to repopulate the earth after the flood. Now observe the record. For four generations, Enoch was the father of Methuselah, who was the oldest man that ever lived; his father, Jared, was the second oldest man that ever lived, and Noah, a grandson of Methuselah, was the third oldest. Here was a family that were obedient to the commands of God for four generations, and see what "loving kindness" was bestowed upon them.

And what became of the rest of the people that inhabited the earth? The sixth chapter of Genesis tells about that. "The sons of God saw the daughters of men, and that they were fair: and they took unto themselves wives of all which they chose." "There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men and they bare children to them, the same became mighty men which were of old, men of renown."

There was doubtless among these "mighty men and men of renown" the descendants of Lamech, the fifth generation from Cain, who took unto him two wives, Adah and Zillah, whose sons were the fathers of such as dwell in tents and of such as have cattle and of such as handle the harp and organ and instructers of every artificer of brass and iron.

THE WICKEDNESS OF MEN PUNISHED.

"And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually. And it repented the Lord that he had made man on the earth, and it grieved him at his heart." "And God said unto Noah: The end of all flesh is come before me: for the earth was corrupt and filled with violence through them, and behold I will destroy them with the earth." (Genesis vi. 5th, 6th, and 13th.)

So he commanded Noah to build an ark, and said to him: "And behold I, even I, do bring a flood of waters upon the earth to destroy all flesh, wherein is the breath of life, from under heaven; and every thing that is in the earth shall die." As commanded, Noah built the ark, and went into it

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with all he was commanded to take into it, and a rain came for forty days and nights. "Fifteen cubits of water and upward did prevail, and the mountains were covered. And all flesh died that moved upon the earth, both of fowl and of cattle and of beast and of every creeping thing and every man. And every living substance was destroyed which was upon the face of the ground, both man and cattle, and the creeping things, and the fowl of the heaven, and they were destroyed from the earth, and Noah only remained alive, and they that were with him in the ark."

This is in evidence of the way God treated a corrupt people many thousands of years ago, and he has ever since that time been teaching them how to live and not die. Through his word, his son Jesus Christ, the prophets, and the apostles, he has been telling them what his commands and laws are and how the people should live so as to be healthy and happy. "And the Lord said unto Moses: Who hath sinned against me him will I blot out of my book. Now therefore let me alone, that my wrath may wax hot against them, and that it will consume them: and I will make of thee a great nation."

The London, the Boston, the New York, the Chicago, and the Baltimore fires are calamities sent upon the people as a punishment for their wickedness, and it is repeatedly predicted that the world will eventually be burned up in order to punish the people for their corruption and wicked disobedience of his commands.

THE BREAD PROBLEM.

We are in receipt of a paper called "Ideal Health," in which we find an article on "The Bread Problem." The writer takes grounds in regard to yeast bread similar to that in our leaflet, "Unleavened Bread versus Leavened Bread." We copy the following from the article:

"The fermenting, decaying process begun in every bread-pan is carried on in the stomach, which now becomes a human 'still,' and the vapors arising therefrom are conveyed to all parts of the body, affecting even the brain with dizziness, as does a dose of wine or liquor. Graham and whole wheat bread are very apt to be over-raised. Hence when cut they have a very bad odor and produce greater mischief than white bread. If bread is not well baked and thoroughly insalivated it drops into the stomach in hard, tough balls, that defy digestion either in a human or chemical laboratory. After the reception of such an unholy mass, the entire digestive apparatus is converted into a gas-producing plant, more or less active according to the power of resistance offered This gas performs a great variety of acrobatic feats, and often quite prostrates its victim. And when the volcanic disturbance is at its height night and day become hideous with its excessive activity.

"No longer marvel that the world is overflowing with dyspeptic lunatics and dyspeptic inebriates, and that pledges and prohibition do not make of us a temperance people. And they never will until we are educated into normal health through a normal stomach, that will relegate the 'American Stomach' to the left-behind age of gluttony, refined though it be."

TYPHOID FEVER FROM CLAMS.

The newspapers report the serious illness of three women from typhoid fever, as the result of eating clams. At a shore dinner at which twelve women partook, nine contracted typhoid fever. It ought to be generally known that clams, oysters, and shell-fish of all sorts are scavengers. They subsist largely upon germs and other filth in the water. When typhoid-fever germs occur in water they are always found in great numbers in the gills and the stomach of clams, oysters, and other shell-fish. Good sense teaches us that these miserable creatures should be allowed to pursue their humble calling unmolested.—Ideal Health.

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

BRIGHT AND PROMISING.

By UNCLE JOE.

No. 622.—Stillwell S. Field, Long Island, New York.—This child has a fine organization for health and a favorable blending of temperaments. He has quite an interesting disposition, a lovable nature, and a very inquiring mind, which will try to solve many problems, which older people have also tried and failed in doing.

Through his lovable nature, rather than through his sense of obedience, he can be trained and guided through the earlier years of his life, and it will be well for him to help others and run errands, so that he may be occupied and feel he is of use to others.

He will like to be in the society of older people, and will feel himself somewhat important, consequently will appreciate the attention that is given him by his parents, teachers, and friends.

Being full of energy and wideawake, it is hard for him to keep quiet. His energies must be utilized every day, in fact, he must have his work planned out for him. All his playthings must not be spread out at one time. He should first have his blocks, then his picture-books, and afterward his tools.

As a healthy lad he will be able to overcome disease or fatigue, and he has a fine development of Vitativeness, which will enable him to recuperate readily when he is exhausted; but he must not be allowed to eat stimulating food, and should be encouraged to take ten hours sleep every night. He will then grow up to be one of Nature's special children rather than an artificial boy.

His courage will manifest itself quite early in the defense of older and larger children, for his sympathies will call out his interest for others, and before he knows it he will be taking the part of another, as a champion.

He should be given some physical exercises every day, for these will increase his balance in power and weight, as well as develop his muscle.

His head is large for the size of his neck, but fortunately he has a good body to support his brain. He is generally in a hurry, and may stumble over things, if he does not take care and be encouraged to cultivate more caution and perception. It is not altogether a matter of muscular control that helps a child to keep his balance in walking, skating, or riding, but often the organ of Weight is deficient in a child, and this faculty must be cultivated in our little friend.

His appetite must be regulated, and he should be given a little food on his plate at a time, for his eyes are larger than the capacity of his stomach, and he will want a larger piece on his plate than he can dispose of, so he had better learn to have two pieces of pudding, rather than a large piece to begin with.

He will be fond of pets and animals when he is a little older, and will enjoy having a kitten to play with, or will listen to the birds singing in the

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trees. He ought to have some dolls made of cloth to play with, for he will understand how to take care of them, and will make them go through, in imagination, all his own personal experience.

It will be surprising if he does not make an enthusiastic, ingenious, and entertaining man, and should have a good education given to him, for he is bound to take a prominent position in life and influence others very distinctly. He must learn to depend upon himself and not have too many things done for him, but rely on his own efforts and sometimes decide matters for himself, and be told to use his own judgment.

He has an excellent memory, and should be taught to store his mind with useful knowledge. He can learn to recite quite easily.

That he will be in advance of his age will show in many ways, especially in his capacity to solve problems in mathematics, chemistry, and physics, and make experiments.



MASTER STILLWELL S. FIELD, LONG ISLAND, NEW YORK.

Circumference of head, 21½ inches; height of head, 13⅞; length of head, 13¼ inches. Age, 3 years, 11½ months. Weight, 37 lbs. Height, 3 ft. 2 in. From a personal examination.

He has excellent capacity to arrange things artistically, and his composition in letter writing will be good.

Among other things he will make a philanthropic reformer, and will love to do good. He will make a first-rate physician, owing to his scientific and sympathetic qualities, and will know how to give special treatment to his patients. If he takes up surgery he will make a very careful and far-sight-

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ed surgeon, and in medicine will work more to obtain natural results than be inclined to give many drugs. He will also make a good designer and a capable business man, for he will enjoy hustling and getting through work, as well as having plenty to do. We would advise him to have a pencil and paper on hand and draw pictures and get into the habit of seeing things as they are. This will call out his perceptive faculties.

As a leader among others he will show exceptional originality and ability to set others to work.

A record should be kept of his doings and sayings, so that they can be compared with others.

He must be taught to stretch up his neck as much as possible, so as to give room for his blood to flow easily from his heart to his head, and such exercises should be encouraged that will help him to stretch his hands over his head, rather than to bend his head down upon his chest.

HIGHER EDUCATION AND MOTHERHOOD.

By Mary Lowe Dickinson.

"It may take another generation, perhaps two, to furnish a sufficient number of reliable facts to prove the advantage or disadvantage of what we call 'higher education' to girlhood and motherhood in general; but its influence on a young woman here and there can be tested anywhere at any time, though such tests supply only varying hints instead of reliable data for definite conclusions," says *The Christian Work*.

"If, in the absence of abundant and reliable facts, our theories rest largely upon inference, and our inferences are based upon a knowledge of womanly tendencies, it will be because up-to-date journalism does not choose to wait two, or even one generation for its copy. If there is enough in the observation and experience of to-day to lead us to infer that college is good for the girl of to-day, we will send her to college. Nor will we wait to say what we think of its advantages or disadvantages until she has finished her course; certainly not until she has passed through the training classes of wifehood and motherhood in that highest of all institutions of learning, the Home.

"At the outset, let us avoid the mistake of supposing that the passing through a college course is necessarily 'higher education.' Influenced by the desire to give our girl just as good advantages as any other girl, many of us are sending into the colleges girls who would be better and do better outside. The dudish boy, whose father said of him: 'Yes, I sent him to the best schools, but he didn't care; he just went through on his cuffs,' has his feminine counterpart. We have all heard of the young woman whose parent was told by her professor: 'Your daughter is very painstaking —and—(she is very pretty)—truly an ornament to her class. She seems, I must confess, to lack nothing but capacity.' And we all know the reply: 'Why, then, didn't you buy her one? You knew we told you to get everything she needed without regard to expense.'

"But if lads who think more of their cuffs than of all the learning of the sages are few, the lasses of corresponding type are fewer. It must be admitted that even the average college girl is eager to rank high in her class, and willing to work for her place. The girl above the average is eager to learn, to know, to grow, to gain, and it goes without saying, will need no stimulent to toil.

(*To be continued.*)

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Specialized Education

By JOHN L. STREEVER.

Read before the United Civic Associations of the Borough of Queens, at their first Annual Banquet, February 2, 1904.

Whatever measure of success the United Civic Associations may attain in the prosecution of their declared purpose "to promote the larger improvements by which alone the Borough of Queens can ultimate to its proper development," the subject of education demands its first regard and best efforts. While our city officials have made provision for numerous and expensive public improvements, and promise that 1904 shall be the record-breaking year in this respect, they have reduced the allowance to the Department of Education so that some of the privileges that the public have recently enjoyed will have to be withdrawn, this act whether justifiable or not must be taken as evidence, that so far as they are concerned at least, the subject of education is secondary in importance to the development of parks, boulevards, streets, sewers, etc.

This apparent indifference to a matter of such vital importance to subsequent generations in their struggles toward a higher civilization may account in part for the lack of enterprise exhibited by those who have charge of our educational system, in neglecting to incorporate into their methods the application of conceded results of research and discovery in the study of Psychology, Phrenology, and allied sciences.

The inconsistency of the whole system of classification of pupils and assignment of studies, which has been in vogue for generations, must be apparent to every sensible citizen who is not hampered by veneration for established precedent or the traditions of the cult of pedagogy.

Classes are arranged by number, sensitive and thick-skinned, precocious and stupid, all together, so many to the class or room, first come first served, lessons are assigned according to an approved pattern that is designed to fit any case, and the little bundle of nerves and brains finds itself launched and under the guidance of a teacher who has qualified for the responsible position by solving the required number of problems at her normal-school examination.

These classes, made up of a miscellaneous assortment of personalities arranged without intelligent regard for differences in capacity or hereditary inclination, must thenceforward try to conform their individualities to the mental atmosphere of their class environment as well as to the prescribed course of study.

The management would consider that an ideal condition had been attained if the class could continue as one fold through the various grades, and be finally graduated with reasonably equal honors.

The prevailing idea that by persistent application all pupils may become equally proficient in the studies assigned them belongs in the same category with the popular delusion that any mother's boy may some day become President of the United States, and should be abandoned as inconsistent with known facts.

As the efficiency of a teacher is to a certain degree gauged by her ability to mold the minds placed in her charge so as to fit the program laid out, an ambitious teacher can hardly be blamed for trying to increase the average efficiency of her class by devoting her best efforts to bringing the dull pupils up to a reasonable standard, and depending on the bright ones to find ways and means of doing so on their own account.

To fail of promotion to higher grades at regular intervals is held to be a disgrace, and the idea is fostered by the teacher to compel greater effort on the part of those who find some branch of their studies for which they have no natural taste or qualification to be beyond their ability to master.

The results are what common sense might anticipate, the opportunity to properly cultivate and develop predominating mental propensities is lost, and instead pupils are driven to distraction and often to incurable nervous diseases in the vain effort to master branches that their peculiar mentality can neither digest nor assimilate.

The wonder is that so large a percentage attain the required standard, and the reason why so many of those who enter our public schools and later give up in despair and fail to complete their studies has never been satisfactorily explained.

The labors of a Kelvin or a Crooks would be vain indeed if those who are interested in electrical industries did not act on their suggestions and put the fruits of their research into practice, and that they have done so is abundantly evidenced by the remarkable evolution of this science within the history of every one present.

In like manner, and in even greater degree, should those who have taken upon themselves the more important task of directing the mental evolution of the rising generation avail themselves of the demonstrated theories of Drs. Gall, Spurzheim, and others.

It is not my purpose to formulate a plan of reform, but rather to call atention to the necessity of the times and to urge the

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adoption of a broader and better educational system, and then rely on the intelligence of the department to find ways and means and expert assistance in carrying out the suggestions along the lines indicated.

The peace and comfort of the community demands that vicious and degenerate children shall be placed in separate classes and not be allowed to influence the morals of the rest of the school, they should receive special attention with a view to restraining their evil tendencies and cultivating their better natures if found to be incorrigible, the statutes should be so amended that they may be placed under State surveillance and control, and thereby minimize the probability of acts of violence and crime so common in our day.

All normal applicants for admission to our schools should be examined by experts who have made this subject a study, and while it will be found that no two brains are exactly alike, there will be sufficient material in the average city school to approximate a general classification of pupils according to temperament, which would be a long stride in the right direction.

The course of lessons prescribed should be such as are in agreement with the bent and hereditary tendency of the mind, everything in nature is created for a specific use, and pending positive proof, it may be assumed that every individual is fitted by nature to fill some specific function of usefulness in the human economy that no other person can fill so well as he can.

The child should be advised as soon as he is able to comprehend in what particular line he is most likely to find contentment and success, and his education should proceed with the object always in view of making him as efficient in the calling for which nature intended him as his mental capacity will allow, and a knowledge of his limitations may prevent bitter disappointment in later life to himself and his friends.

The exigencies of our times demands specialists, men find life too short to compass every branch of a single science, they also find that a lifetime devoted to a single branch does not exhaust the subject, but rather enlarges the field of their labors, it would be difficult indeed to find an intelligent person to-day who does not believe it is possible to determine in advance, with a reasonable degree of accuracy, in what avocation or profession a boy or girl would find their life-work, then why not begin at once to apply the principle to the rising generation under the auspices of the Department of Education, with the assurance that the data obtained by a few years' experience would establish the practice as a feature of our public-school system.

Our public schools are the pride of every American citizen, but they will not have attained the full measure of their usefulness until they shall be able to effectually inculcate respect for law and order and prepare each individual for the one place in our social system where he will be of the greatest service to himself and to his fellow-man.

The effect of the policy outlined upon future generations can scarcely be conceived at this time, a better order of things would be promptly established, and its influence would permeate all human activities.

Misfits in public and private life would be relegated to their proper place.

The high-school girl would take up teaching for reasons other than good pay, short hours, and vacations, an inherent love of children would be a better recommendation for a primary-grade teacher than a high examination record in geometry.

A quick-rich blacksmith would hesitate to send his son to college if thereby he should deprive the world of a good mechanic, and instead probably foist upon it a bum doctor or a shyster lawyer.

Our army and navy would be invincible, because it would comprise those of us who would rather fight than eat.

Our civil service would regard fitness as the prime necessary qualification to appointment.

Our public officials would require cranial development rather than political acumen to secure the franchises of their constituents.

I hope there is no one present who will regard the ideas here expressed as too Utopian to be practical; my acquaintance with its active members leads me to believe that no imaginable condition suggested for the betterment of Queens will be too lofty for favorable consideration by the United Civic Associations, particularly if the experiment is inexpensive and can result only in good.

But a good idea, like a good invention, is of no practical use unless it is put on the market, therefore I trust that the affiliated associations here represented will take the matter up at their meetings and submit their views on the subject to the officials of the Department of Education, either directly or through the United Civic Associations.

In conclusion, I will again state my convictions in regard to the purchase of school sites. At the present value of real estate, the practice of wedging schools between other buildings, or on small plots of ground just sufficient for the building, is inexcusable and should cease. The minimum area should be a whole city block with open streets on all sides, and located at least one block from trolley lines. This would also simplify the small-park question, for every school building would be located in a park, and both school and park would be accessible to the public.

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THE RATIONALE OF PHRENOLOGY.

By Rev. F. W. Wilkinson, F.F.P.I.

LECTURE GIVEN AT THE FOWLER INSTITUTE, LONDON.

One is surprised that in the twentieth century, supposed to be an era of enlightenment, when men are expected to take a fair and open-minded view of the varied subjects which are presented to them for consideration, that there should be the need, especially after over a century's advocacy and exposition of the principles and tenets of phrenology for a lecture on the Rationale of Phrenology. But human nature is a very peculiar and complex subject, and as phrenologists we are aware that there is not only bias and prejudice, but there may be willful misrepresentation of facts. We also know that conscience and conscientiousness are not those infallible director and forces which some persons assume, and that Conscience is Knowledge, while conscientiousness is the blind impulse or power which simply impels toward a course of action after the intellect has instructed or enlightened on the right course to be taken. So that we can afford to be and should be even in the practice of our own principles charitable to those who are biased or prejudiced, especially where it is the result of a lack of Knowledge. Further, we must allow something for the race-thought of the age, and remember that it takes time for new thought or phases of truth to filter down into not only the mind of the individual, but also the mind of the race, and that more especially in the professional classes, whether it be connected with science or Theology or philosophy. As a rule, you will find professional classes most conservative. While there may be an amount of justice in this, to guard against being carried away, yet it may tend to injustice when it leads persons to refuse to accept truth because it is against their preconceived notions. There is a needs be to cultivate an open mind, so that one can prove all things, and hold fast that which is good. And in no subject shall we find this injunction so practical as in our attempts to study human nature, especially under the term phrenology.

Unfortunately, there is too much pandering to certain classes; it would be much better if men were prepared to accept truth from every source, so that the life of the race might be enriched and widened, and every individual helped to make the most of himself. We should, therefore, not only aim to obtain correct knowledge of ourselves, but also try to extend our view to our fellow-man, so that the world may be enriched by our acquirements. There is still a needs be to put the practical side of knowledge to the gaze of men, for while we are very apt to use the trite phrase, knowledge is power, yet we forget that wisdom is the practical application of knowledge. And we need not only to know, but to practically apply what we know.

One interesting feature in connection with the science of phrenology is that we can practically apply its truths every hour of the day either in relation to ourselves or with regard to the persons that we come in contact with in the discharge of our daily duties. But to do this we need to have a clear conception of the fundamental principles of phrenology, and how those principles are applied or modified by association. It is late in the day to say that phrenologists assume that the brain is the organ of the mind, or that the brain is the directive organ of the man, and it need hardly be inferred that if the brain be the organ of the mind and be the directive factor of the human mind then the actions of the individual will correspond with the conditions and state of the brain. That is to say, if the brain be naturally of a slow phlegmatic disposition or state, then the action of the mind through a slow phlegmatic instrument or organ will be naturally slow also. But if the brain be a quick, responsive, eneregtic, active brain will naturally the action of the mind through such a quick responsive instrument will also be quick, and its results will very soon be apparent. We must not condemn people for being slow in perceiving things or doing things if that be their nature, and they are simply living out their natural tendency; but we may cheer and inspire them, and by training and encouragement get them to go at their full pace, and by exercise, etc., improve their nature and change their disposition by degrees. We must not expect great changes in a little time. While medical science now tells us that it is possible to build a new brain in just over a month, we do not form habits quite so quickly, and it takes time to change the general trend of an individual. If we mend our pace by degrees, and keep up the pace, there is every hope for continued improvement. Unfortunately, as hurry seems to be the order of the day in business, too often it seems to be the desire in brain-building and habit-forming. But if we have mushroom growth we generally have a similar durability.

If our brains are to be effective instruments which are to render us the best possible service, whether in the control of our

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physical organization, that is, in the locomotion of the body, the acquirement of facile movement of any limb, as in the learning of any trade, or the precision of force, as to the exact amount required for the performance of any work, so that the various muscles required may become tense or relaxed to a nicety, so that there may be no waste of power; or in the use of the brain in the use and expenditure of mental force or energy to accomplish some literary work or in the stimulus of some moral energy, so as to acquire skill in directing our thoughts and words aright or give that upward trend to our life, then there is a needs be that we should have as clear and correct understanding of the laws by which the mind acts through and in conjunction with the brain, and how the brain may be built up, furnished, stimulated, and improved, so that the instrument or organ which the mind uses may be as efficient as it is possible, that the mind may be able to express itself, not only partially, but as fully as it can through a material medium of expression.

This brings us to the principle that size is a measure of power, other things being equal. And while there may be opponents to phrenology, yet in our daily conversation in a loose way its truths are accepted. For we often hear people speak of "Little minds." It is a very expressive phrase, but it does not always mean a little brain, but a contracted view or narrow view of a subject. It is possible for a person with a small brain (that is, comparatively), that is of good quality, well trained, and very active to manifest far more brilliance than a large one. Of course it depends entirely what view you take of the subject, and on the nature of the qualifying phrase "other things being equal."

But if you take two individuals, one having an average size brain, good quality, well-trained, you will find in that individual, especially if he be of the nervous temperament or mental temperament, activity, quickness of thought, brilliancy, quick at repartee, etc., but take the other individual, larger frame, larger brain, motive temperament, you do not find so much activity, not the brilliance, but you find greater staying power. The mental blows are not so brilliant, not rapier thrusts, quick and retiring, but they are more of the battle-ax stple, steady, slower, but are effective. The man with the small, active brain may be sharp, 'cute, but he gets worn out, while the man with the larger brain and motive temperament, like the bulldog, can hold on until he accomplishes his purpose. In all true delineation of character there must be this clear and sharp distinction made, or we shall find ourselves at fault. Hence I think you will now see the necessity there is for being well grounded in the first principles. I am aware that there is a certain amount of fascination in being able to read character, and we all wish to do that as soon as possible, but there is wisdom in learning how to make haste slowly. True, we are in too great a hurry, we are like the boy at school, we want to get on too fast, and find out that being in a hurry has been our greatest hindrance.

We are twitted from time to time that we feel bumps, and phrenology is christened "Bumpology." Well, if our opponents don't see the joke, we do, and it forms a little amusement for anyone who has the faculty for seeing the incongruous. It is true, we determine phases of character from the shape of the skull, because anatomy simply confirms the fact that the shape of the skull conforms to the shape of the brain, and when we not only see, but also feel, what part or parts of the skull contain the greater part or parts of the brain, then we can estimate its power for expressing mental, moral, or physical force or activity. As the more largely the moral, mental, or physical or animal parts of the brain are developed, so the greater the medium or instrument for expressing mind power in any of these three general departments of human experience. It is with the harmony or lack of harmony in these great divisions, and their working together or otherwise that we get such contrasts, not only in one individual, but in society generally. And the practical work of phrenology lies in its application to produce harmony and lead to more effective association of the organs in an individual, also in showing a man how he may be able to associate with his fellows.

(To be continued.)

HAVE YOU GOT THE HUMERITIS?

IT'S A NEW DISEASE OF THE STRAP-HANGER'S SHOULDER, AND IT'S MAKING NEW YORKERS LOP SIDED, PHYSICIANS SAY.

Have you the new disease, "Humeritis Manhattanensis," or "New York Shoulder"? Are you getting lop-sided? Dr. C. W. Brandenburg, of 223 East Fourteenth Street, says New Yorkers are, and that it is one of the penalties of being a "strap-hanger."

"Look carefully at the shoulders of every man you meet," he said to-day, "and in the great majority of cases you will notice that

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the right shoulder is a trifle higher than the left. The reason for it? Well, there are a good many reasons. The man may be a baseball or tennis player, a fencer, a lamplighter, or a sign painter. Any of these things will account for it, but most probably that slight deformity is caused by holding to the strap in street cars. Persons who have to travel long distances every day on the elevated or surface roads almost always develop this inequality in their shoulders, and the fact is growing more noticeable each day.

"They stand ten, twenty, or thirty minutes hanging to that leather loop, and each time that the car stops or starts or makes a turn there is an upward strain on the muscles of the arm, the shoulder, and the whole right side of the body. The result is that in course of time the ligaments are stretched permanently, and the shoulder becomes one or two inches higher. Nine out of ten persons invariably take hold of the strap with their right hands; consequently it is the right shoulder that is affected.

Several physicians who were asked their opinion admitted that "strap-hanging" had a good deal to do with the prevailing deformity. Dr. Brandenburg said:

"An estimate not far out of the way, according to my experience, is that three-fourths of all strap-hangers suffer with enlarged shoulder-joint and intermittent pains there which they frequently attribute to rheumatism. Passengers hanging on the straps are swayed and jolted with force enough to wrench the tendons, strain the muscles, and injure the nerves and blood-vessels. I have treated many cases of acute sprain as the direct results of car-strap injury.

"One can readily understand how this happens if the anatomy of the parts is taken into consideration. The arm bone at its upper extremity is formed like a ball, and fits into a socket. When the arm is held up clinging to the car-strap it throws the whole shoulder out of its natural position, and sooner or later brings about a deformity of the back and shoulder.

"Robust men frequently believe that they are suffering from rheumatism, and it is often diagnosed as such, when a more careful examination would show a sprain caused by strap-hanging. Such a sprain if not carefully looked after may be followed by chronic rheumatism, neuritis, and other troubles.

"The exact amount of damage done the general health of the strap-hanger is necessarily hard to determine, though the effects of such a one-sided strain can but be very harmful. Upon women the injury it does is sometimes marked. As women have to stand in the cars much less frequently than men, the disparity in the height of their shoulders is not so perceptible."

"The unnatural strain not only seriously injures the joints and muscles of the arm, back, and shoulders, but also weakens the heart action and affects the brain centers. People who have to travel day after day in overcrowded cars, standing up and clutching desperately at a leather loop to keep from being thrown down, have a good excuse for feeling irritable, apart from the physical discomfort and inconvenience to which they have been subjected. For, though probably only a few of them know it, the strain of holding by the right arm to any overhead support acts on the organ of irritability in the left lobe of the brain, and produces a state of nervous excitability and sometimes chronic neurasthenia in women."—Commercial Advertiser.

MUSIC, ART AND POETRY—THE PRODUCTS OF THE SUBJECTIVE MIND.

By J. Thornton Sibley, M.D.

Continued from page 62.

That which has been said in regard to music and its relation to the subjective faculties holds good in reference to artistic genius. In fact, true genius is always the same, no matter where it is found; and in every case it is the result of the concordant and harmonious workings of the objective and subjective faculties. True genius is never seen in those who are largely objective, nor is it compatible with decided subjective existence. There is a subjective genius that is sparkling and fascinating, but it is the genius of insanity, and not true genius in its broad sense. It is the genius of hallucination or mania, and while it may dazzle us by its brilliancy and enchant us by its uniqueness, it is not the genius that stamps itself indelibly along any practical lines. Genius without objective education and experience is the genius of the visionary.

The artist may see in his mind's eye the picture he wishes to reproduce on canvas; but unless his objective knowledge teaches him the character of colors and mediums, the effects of certain combinations of the

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same, and other things purely objective in their nature, he cannot succeed. Although no two artists employ exactly the same methods, the harmonious blending of the faculties of the objective and subjective minds is the foundation of all. Unbridled subjectivity means insanity. Titian sought to work out his pictures in pure black and white. This formed a sort of ground-work upon which the conception of his fancy, already colored by the tints of his imagination, was gradually developed. His unfinished works at the time of his death have given us an insight into the details of his work not known before. The practice of Paul Veronese was just the opposite of that of Titian. He aimed to produce the full effect at once by direct means, seldom repeating his colors. The genius of both was very similar. The conception was purely subjective, and the execution was the result of the synchronous action of both sets of faculties. Velasquez maintained that nature is the only true teacher of art, and he never painted anything whose material form was not actually before him. He gave no play to the workings of his imagination, and his work does not therefore possess that fanciful subjective something, so fascinating in the works of all great artists; in spite of the fact that for precision and rapidity he equaled the immortal Rubens himself. Leonardo was another artist of note, who, though famed for the accuracy of his work, was too objective, and his pictures often lack the imprint of true genius. It is a remarkable fact that the two best-known pictures in the world are not the best specimens of artistic execution. There is no painting better known or more universally admired than the "Last Supper by Leonardo." It is a most beautiful spiritual conception, and its notoriety is due to this fact rather than to its merit as a work of art.

The picture as we have it to-day is simply a copy of copies, and no more represents the artistic genius of Leonardo than the binding on a volume of Longfellow represents the poetic genius of that great writer. Leonardo was a universal genius. He was not only an artist, but a botanist, a geologist, an astronomer, an explorer, a musician, and a chemist. When he was about to begin the wonderful painting that decorated the refectory wall of the convent of Santa Maria delle e Grazie at Milan he showed his dissatisfaction with the methods then in use. He thought it would be better to use oil instead of the usual mediums of the fresco painters; and utilizing his knowledge of chemistry he produced a set of oil paints with which the great picture was made. This was an innovation, and the experiment was a failure, for even before the death of the artist the paint began to crack and blister, and in a few years it began to peel off. As the ravages of time destroyed part of the painting artists were employed to retouch it. This retouching went on from time to time, till there is not to-day, and probably has not been for two hundred years, a vestige of paint on that remarkable picture that was put there by the hand of the immortal Leonardo; so that we are justified in the assumption that the "Last Supper," as we have it to-day, is a thoroughly objective product, and cannot be compared as an artistic production with many paintings much less admired. It is not probable that the original, before the demolishing hand of time began its defacement, was a work of great artistic merit, for the conditions under which it was painted were not conductive to artistic endeavor.

Michelangelo is best known as an artist by his fresco decoration of the Sixtine Chapel at Rome and the "Last Judgment," a part of this work is his most renowned and most admired piece, and yet it is far inferior as a work of art to much of the work done by that consummate master. This work was done under a sort of protest. He much preferred sculpture; and when he was ordered to decorate the Sixtine Chapel he went grudgingly to work, and long before it was finished he ran off and returned to his home in Florence. He was induced to return and complete the work, but his frequent misunderstandings with the Pope and others in authority concerning his pay and other material matters kept him thoroughly objective, and he sometimes called in other artists to help him. The conception is grand, bold, furious, and awe-inspiring; but it does not possess the artistic merit seen in some of his other works. The work on the "Last Judgment" was labored and slow; it taking nearly ten years for its completion. The subjective Titian would have done it in half as many months. The contest between Michelangelo's natural subjective temperament and the objective matters that constantly thrust themselves between him and his work made him cross, rugged, and unsociable; in contrast to the open, frank, and genial Titian. The only well-attested panel painting of Michelangelo to be found to-day is the "Holy Family." There are other panels that are ascribed by some to him that were evidently done by some pupil. The "Virgin and Child" is one of this class. The "Entombment of Christ," now in the National Gallery, London, is another one of this class. It is very weak in some respects, and the best judges say that Michelangelo did not paint it. Probably the grandest work of Michelangelo was not a painting, but a piece of sculpture. This was the heroic statue of David the Great. This statue had been begun forty years before by some one else, and Michelangelo was employed to finish it, which he did with consummate skill. The chief glory of this wonderful artist, however, is conceded

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by all to be the decoration of the Sixtine Chapel at Rome, which includes the "Last Judgment." Titian who was contemporary with Michelangelo and Leonardo, and a fellow countryman, was a painter and nothing else. In manipulating paint in relation to harmony, color, and richness he stood alone; in fact, in these respects he has never been approached. He did not paint in grand and extensive fresco, but made smaller but grander pictures. His work was usually done in oil, and not in the material used by the fresco artists. There is a perfect magic in his pictures that charms, fascinates, and enthralls, and his productive faculty was simply startling. This can be appreciated when we remember that there are over a thousand well-attested Titian pictures to be seen to-day; and reached that he lived four hundred years ago. There are no less than forty-one in the Madrid Museum. No objective painter could ever have produced such results. The subjective mind does not tire, and those who work with the objective faculties wear out because they worry. One cannot worry and work subjectively. Worry is an objective condition that cannot exist in subjective work. The true artist when he does his best work is in a state of reverie that takes no notice of time or other material conditions. He works in oblivion of all objective conditions. He does not tire, he does not get hungry or sleepy, and when aroused from his reverie is often surprised to find that he has worked so long. Uninterrupted objective work gradually kills, and other things being equal, the subjective worker will enjoy better health and live longer and happier. Titian was ninety-nine years of age, strong, and wonderfully well preserved when he and his family was carried off by the plague. Physical exertion can be sustained much longer when a person is in a subjective condition.

It was not workmanship but facility that made Titian's pictures so grand. The first impression that one gets when looking at one of Titian's pictures is the wonderful color effects, and that has led some to suppose that he used a great number of colors in his work. As a mater of fact, his pigments were few and common.

Titian was no draughtsman, and the architectural, or in other words the objective, parts of his paintings were usually done by some one else. In painting drapery he has never been equaled. His drawing of human figures was not good; and on one occasion one of his paintings was shown to Michelangelo, who in a rather scornful manner said, "Pity they do not learn to draw well in Venice." One of the chief charms of the work of Titian is its lack of everything that tends to show any traces of labor. As a portrait paitner Titian was supreme. Together with Rubens these three painters — Leonardo, Michelangelo, and Titian—were the greatest artists the world has even seen, and it is a remarkable fact that they were contemporary and fellow-countrymen.

There is much in the life and work of Murillo and Velasquez, the renowned Spanish artists, to show that true art is a direct product of the subjective mind.

Spirituality conduces to subjectivity. Many of the great musicians, artists, and poets of the world were highly spiritual. This was especially so in the case of Murillo, the great artist of Seville. It was said of him that he could always be found; for if he were not at the studio, he was at the church; and if he were not at the church, he was at the studio. Much of the work of this great man was but the reflection of his highly spiritual nature. It is not strange or surprising that spirituality should beget subjectivity. The spiritual person lives beyond the material, and is not influenced as others are by objective considerations. He is habitually meditative, passive, and receptive—in other words, in an incipient subjective state. I have spoken of subjective pleasure, and stated that it far surpasses objective enjoyment. Subjective existence, when coupled with spirituality, produces the keenest, most ecstatic delight that the human ever experiences.

(To be continued.)

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The fourth meeting of the season was given in the hall of the above Institute on Tuesday evening, February 2. The lecturer for the evening was the Rev. Thomas B. Hyde, B.D., who lectured on the subject 'Is Marriage a Failure?" Charles Westly Brandenburg, M.D., President, presided, and introduced Mr. Hyde in a few well-chosen words.

As the lecturer was detained on account of a special meeting of ministers that evening, the President suggested commencing with the examination of heads, and thus take the latter part of the entertainment first. This was done, and, according to promise, Miss Fowler examined a lady and gentleman from the audience. This couple proved to be a very well-mated one, and substantially proved that marriage is not a failure. Miss Fowler pointed out that there was a great affinity between the gentleman and his mother, and that he inherited much of her temperament, namely the Vital, that he had also a sympathetic

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mind, and an intellect that quickly absorbed knowledge and gathered facts. She further said that he was a true friend, and should make a very conjugal partner, and one devoted to his home and family circle. His moral brain indicated that he possessed large Conscientiousness and Benevolence and was upright, sincere, and just in his dealings with men, and in his accountability before God.

Of Mrs. Veitch, Miss Fowler pointed out that she resembled her father in many ways, that her energy of mind made her an executed help to her husband in carrying out her home duties, that she made a good counterpart to him, and was not the proverbial scold or shrew, spoken of by some writers. Miss Fowler believed that if all persons would take Phrenology as a guide in matrimonial affairs there would be less unhappiness in the world as a result. She also referred to the fact that it was well for all persons to express a wish for their brains to be preserved, and presented after death to the American Institute of Phrenology for scientific observation, and she would very much like the couple she had just examined to leave their brains to the Institute.

In the few remarks at the close of the examination, Mr. Veitch expressed his admiration of the science of Phrenology, and indorsed the opinion that it could be made an untold benefit to children in the public schools, were it introduced and thoroughly understood by the teachers. He said he had traveled with O. S. Fowler for many years, as his secretary, and realized what a master of the science he was. He had also listened to several examinations made by Miss Fowler, and believed that she even excelled her uncle in the cases that came under her care. This was perfectly natural, as the science was continuing to make progress from year to year. He had used the science for many years in the Court of Special Sessions.

In introducing his subject "Is Marriage a Failure?" the Rev. Mr. Hyde said that about a year ago he had been asked to speak on a similar subject before the same institute, and he had treated the subject more in the spirit of a joke, but this year he wished to show its serious importance. This fact reminded him of years ago when Henry Ward Beecher was asked to write a paper against Phrenology. He consented to do so, and read all the literature he could lay his hands upon, and was thoroughly convinced by the time he had finished his paper of the usefulness of the science. "A year ago," Mr. Hyde continued, "when I advised the ladies to take the matter of matrimony in hand and do the proposing themselves, some ladies thought that was wrong advice, and that it would make them bold and impudent. Others said I was a jewel for suggesting such an idea, so between the opposition and the praise I have learned to pocket the one and take the other for what it was worth. I believe that many mistakes might be avoided, if persons would consult Phrenology before they finally decided to take the important step of Matrimony." "Is there," said the lecturer, "anything in Divine law that was opposed to marriage?" "No," said he. "The question is of tremendous importance. There was an important issue at stake when Julius Cæsar crossed the Rubicon, but he decided to do so in the face of opposition, and found he had not made a mistake by so doing. The question, 'Is Marriage a Failure,' is even of more importance than that which puzzled Cæsar. One might think that marriage was a failure because the papers are full of divorce suits and a great many married people are at war with each other, some from incompatibility of temper, and others for many other reasons, but I would like to ask," said Mr. Hyde, "what is marriage? It is the Union of two souls. It is said, 'They twain shall be one flesh,' which means that in marriage there should be a unity of thought, work, and affection. If we look through the first pages of Genesis we find the oldest authoritative definition of matrimony. God created all the animals, the dog and the horse are full of companionship and beautiful to behold and graceful in their action, 'But God said, there is no mate for Man. It is not good for him to be alone,' and so he created Woman and performed the first marriage ceremony.

"Marriage is based upon three elements: first, the Natural or Constitutional; second, the Divine or God life; third, the Legal, which has the sanction of law by Man. What is the real trouble that these elements are not filled out? First, because men do not ask themselves what they want in a wife. They should ask themselves, What has a woman in her constitution that will fit into mine? There should be a proper affinity of mind, character, and temperament. From my own experience I have found that men do not consider the question from the right standpoint. If they did, they would not make such serious mistakes. John Wesley and Milton both suffered the torments of having wives who were uncongenial to them, but in marriage there is no music to equal the sweet loving tones of a wife's words.

"(2) Divinity is almost evaporated from the marriage ceremony at the present day, because there are so many legal marriages performed by magistrates, and not by God at all. I believe that such a practice is lowering to one's moral conscience, and that civil marriages are a great mistake, and should not be allowed. During the last four or five thousand years it has been the

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custom for the woman to turn to man almost as her God, and we find that in early life the girl looks to the boy with the same amount of admiration. In the same way, only from a different standpoint, man looks to woman and a boy to a girl with the same degree of attractiveness. All the world is full of beauty, yet the most beautiful thing is a man's love for woman and a woman's love for man, and all true love has for its object the happiness of the other. Unfortunately, to-day marriages are consummated by the mothers who catch rich husbands for their daughters, or try to do so, without studying the fitness of one toward the other.

"(3) The Legal element of marriage is a question of protecting one's rights. Some women marry for a home, some men marry for a housekeeper, both often marry for money, and disappointment is often the result, when true love is not at the base of such contracts. I take the inspired words when I say that woman stands at the head of creation. I do not mean by this that woman is the master, nor do I say that man is superior to woman. The word 'Obey' is often protested against in the marriage ceremony. In a perfect union there is no foolish need of it, for when two souls are thoroughly united neither thinks of quibbling over the subject of obedience. In the late Chicago fire a woman was found with her arms and clothes around her child. The mother was charred, but the child was saved alive. A mother's love is the fruit of all true motherhood, and it is the grandest thought that leads up to perfection of character."

The lecturer further said, "It is no disgrace to be an old maid or an old bachelor, for some of the grandest men and women have been both, as many cases in history have proved, such as Locke, the Philosopher, and Florence Nightingale, and where the right affinities in life cannot be found, it is indeed better for single blessedness to shape destiny. Women, as a rule, like flattery, and sometimes out of spite girls marry, while good men are often too bashful to court the young ladies who would make them happy. It may not be generally believed that men are more bashful than women, but as ministers, we have a good opportunity to know that we are speaking the truth when we say that women are never nervous when they make their reply at a marriage service, and their answers are generally audible, while men are often so nervous that they will sometimes take the minister's hand for the bride's, and attempt to put the ring on the minister's hand instead of the bride's."

At the close of his remarks, Mr. Hyde gave a fine peroration on the sacredness of marriage, and advised all people, young or old, who were considering the marriage question to consult the principles of Phrenology, and take Phrenology as a guide in the forming of their conclusions.

After the lecture, Dr. Brandenburg thanked the lecturer for his eloquent address. He believed most decidedly that there was a growing tendency among men and women to be guided by some definite understanding of the character along Phrenological lines, and when Phrenology was more fully understood we should have still better results. He indorsed the speaker's ideas regarding civil marriages, and thought that the three standpoints covered the ground and answered the question "Is marriage a failure" most conclusively. He cited the case of what one old man said, namely, "If you get married you will be sorry, and if you don't get married you will be sorry, therefore get married." He would not have said that if he had known about the formation of the brain in man and woman, for the one is the complement of the other, and when marriage is contemplated there should be a proper reason or object for it. An old colored woman's advice was to the point, when asked when a person should get married, she replied, "Just when you get ready," and what age was the proper time, she said, "When you can find your proper mate." He referred to what Mr. Hyde said in reference to the height of head, which was said to be accentuated in women. He believed that it was true. He further remarked that in reference to what Miss Fowler had said about the preservation of the brains of people, he would like, not only the brain to be saved, but also the skulls of individuals, as much benefit might result from the preservation of both skulls as well as brains, instead of cremating them.

Dr. Brandenburg announced that the next lecture would be given on Tuesday evening, March 1, by Robert Walters, M.D., of Walters's Sanitarium, whose subject would be "Life's Great Law, the Exact Science of Health." He hoped that the lecture would prove as attractive and draw together as many people as the present occasion had succeeded in doing, for Dr. Walters was a man who thoroughly believed in the principles of Phrenology, and they wished to give him a most hearty welcome. He further announced that the next day, Wednesday, February 4, Miss Jessie A. Fowler would commence her second series of Morning Talks to Ladies and Gentlemen. The subjects being successively, "The Life, Character, and Works of Emerson; Ruskin; Carlyle, and Browning," at eleven o'clock. He hoped many would avail themselves of this opportunity of studying the lives and characters of these great men from a Phrenological standpoint.

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THE

Phrenological Journal

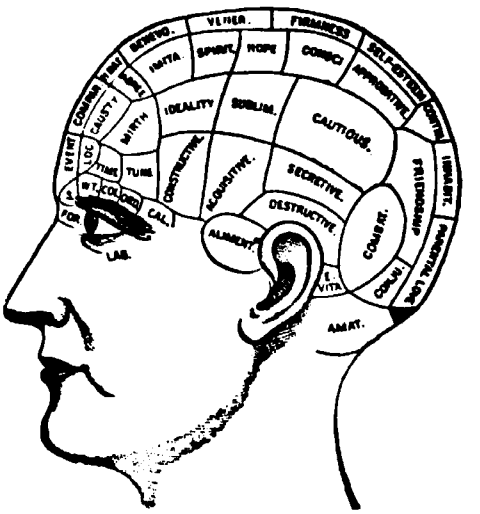
AND SCIENCE OF HEALTH.

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NEW YORK AND LONDON, MARCH, 1904

"Phrenology helps the traveler on his way." "Life is a journey that can be traveled only once. There are no circular tours in it."—MALLOCK.

BE THOU A STAR, A SUN.

MARGARET ISABEL COX.

Thou who hast life of cheer, a heart-fireside
Where glow of love dispels the drearsome cold,
Let ev'ry thought of thine be radiance,
The gleam of ev'ning-star thy ev'ry word,
The brightness of a sun thy ev'ry deed,
Thy thought thy word, thy deed be love, dear love.
Illume above thy hearthstone letters fair
Of welcome. Ope the portals wide to-day
Of thy heart-home that out upon the path,
Enwinding snow-white past love's biding-place,
May fall a gleam of benediction-light.

"KNOWLEDGE IS POWER."

WHAT THE PAPERS SAY.

The papers are continually proving that brains count in warfare as in everything else. This is what Phrenology has been preaching for many years, and it has repeatedly urged people to take better care of their brains and learn to understand their use. In the present conflict in the far East human character is again displayed, and the question arises, is it likely that the nation that believes in the fourteenth-century ideas can overcome and conquer the nation that has twentieth-century ideas to support it? Mr. H. C. Casson, in the "New York American," recently expressed the old Phrenological motto when he said:

"To-day 'Knowledge is power,' and Japan has knowledge. To-day the quick brain of a clever man counts for more than the unwieldy strength of large armies. Armor and physical force are unimportant. Wars in the twentieth century are won by two things —money and brains. These place war upon a higher plane than it has ever been on before, and they give a better chance for the fittest nation to survive. It is the scientist to-day who conquers everything, and Japan is pre-eminently a land of science.

"It is said that there are more people

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in Japan who have read the books of Spencer, Darwin, and Huxley than there are in England—the land where these great thinkers lived.

"In Russia, on the contrary, to be a scientist is to be a suspected person, and perhaps a criminal.

"Mere size never counted for so little as it does in 1904. This is not the age of the mastodon; it is the age of the electric-button and the pen."

Tyranny has never really succeeded in the long run, for tyrants are cowards when they are compelled to fight against pluck and brains. This was the case with Alexander and Napoleon; both of these men tyrannized over weaker powers and both fell short of their ambitions because they did not first conquer themselves.

Austria tyrannized over Switzerland, and failed; England tyrannized over the Scotch, and was repulsed by Wallace; America was tyrannized over by England, but through pluck and patriotism the former conquered; Spain tyrannized over Cuba, and America pluckily stood behind the guns and won independence for her. What will be the outcome of the present tyranny?

THE PLAIN LIVING MOVEMENT.

It is a turning-point in the right direction when we find that Harvard has commenced "a plain living movement." At a recent vote of 870 to 66, Harvard has voted as luxuries, meat, fish, and eggs. Henceforth cereals and bread and butter will be the required study, so to speak. Meat, fish, eggs, and probably dessert will be elective; they will be there and paid for as extras; the vegetarians have conquered. An editorial in the New York daily Sun stated that "if the carnivorous will not reform they will have to pay for their bloodthirsty habits." Twenty-one breakfasts a week will be the rule in Memorial Hall. It is hoped that the price of cereal board will not be more than $2.50 a week. Formerly the price has been $4 to $4.25 a week. The editorial humorously stated, "We can imagine the horror with which some of those old Port and Madeira countenances on the walls will regard these viands of the grass eaters. If Nick Boylston and John Hancock are the men they look, they will fall out of their frames. The disgust of the young carnivorous is positive—'hay, oats, ping-pong stuff'—these are other mild epietts . . . A Chicago parent, evident of a high color and choleric temperament, writes us that he has ordered his boy, at Cambridge, to 'eat rare roast beef three times a day for the honor of Chicago.' A Junior sends a copy of verses, one of which will serve to show his bile:

'Poor old Nebuchadnezza!
He had to go to grass;
Because of his craze, he went to graze
On salad and garden sass;
None such was his food when his health was good—
Nebuchadnezza never was such an ass!'

The Boston Advertiser states: "Harvard's strongest and healthiest men live at Memorial Hall on the cereal diet, while the liberal use of meats at the Harvard training-table has failed to develop the strength desired."

This shows that Harvard is waking up to the proper understanding of these ideas which the PHRENOLOGICAL JOURNAL has advocated longer perhaps than any other similar Journal, and which ideas are now bearing fruit in a long-hoped-for manner.

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REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

"MESMERISM AND THE DOCTORS."

We are in receipt of the second volume of "Mesmerism and the Doctors," by Mr. Richard Harte, of London. We have looked with some degree of impatience for this book, for the first volume was so interesting, and so unique in some respects that we could not help believing that the succeeding volume would be equally fascinating. The venom in which Mr. Harte dipped his pen when writing the first volume was very materially diluted before he began on the second; and while his allusions to the doctors are far from complimentary, he uses a new list of appellations when referring to them, and altogether the tenor of his criticism is decidedly mollified. His position, however, that they are of little use, and that they do as much harm as good, he still maintains. As a historical reference book, the work is of great value to the student, for it contains much information along that line not usually found in the books on hypnotism. Foreign writers have almost usurped the field, and the impression that one usually gets from reading the general run of books on hypnotism is that the subject has been the especial privilege of foreign writers, and that American writers have had little to say or do. Mr. Harte's book is of much value to the American student for the reason that it gives American investigators full credit for what they have done. He plainly insinuates that the Naturalism of Fahanstok, and the Electro-biology of Dodds, antedated the Hypnotism of Braid by many years; and that phenomena produced and investigated by the latter as new had been produced and investigated by American experimenters years before his time. The one striking feature of the second volume of "Mesmerism and the Doctors" is the correction of many historical misstatements, especially those covering the work of American psychologists. In his refrence to the "Crisis" of Mesmer and the "Nerve Sleep" of Braid, the author takes the position that the two great discoveries along the line of psychotherapeutics are yet still uninvestigated; and that the field for psychological investigation has yet to be properly tilled. He says that as soon as investigation of the "Crisis" began in a truly scientific spirit that Puysegurian somnambulism was discovered and thrust to the front so strongly that proper investigation of the "Crisis" was abandoned; and that the subject is still fraught with the greatest interest, and now awaits the consideration of the honest student of psychology. He also maintains that the phenomena of "Nerve Sleep" were pushed to one side before it had received anything like the consideration that its importance demanded, to give place to the phenomena of modern suggestion. The points are well taken, and he who would progress steadily along the lines of practical psychology would do well to take the hint, and study the "Crisis" of Mesmer and the "Nerve Sleep" of Braid carefully and critically.

The causes for what he calls the "Eclipse of Mesmerism" are those usually given, with the additional one of having been allied in some ways with Homeopathy and Phrenology. The friends of the cause of Mesmerism offended many by making common war with Homeopathy against the old school of Medicine, by such a course inviting antagonism from directions in which it had not previously existed.

His position that the alliance between Mesmerism and Phrenology hurt the cause of the former is an entirely new argument, I believe. He claims that in the early history of Phrenology some of its stanchest advocates were materialists; and hints that Gall was himself so considered. It is a well-known fact that Elliotson was a materialist, but I think his espousal of the cause of Phrenology hurt that science, not so much because he was a materialist, as because of the fact that he had been ostracized by the medical profession on account of his attitude toward Mesmerism.

The author presents many interesting and important data in the life and work of Esdaile; and very probably yields to him the palm for practical work in psychotherapeutics, especially in the line of surgery. Mesmerism suffered a decline with the death of Esdaile; and it has never since reached the high plane upon which he placed it. Mr. Harte promises a third volume, dealing with the very latest phenomena, carrying us from the work of Chareot to the present date. We await it with impatience. The publisher is to be complimented; for in this day of rush and cheap methods we seldom find a book so well printed.

J. T. S.

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TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

735.—W. V. R., Palmyra, N. J.—Your photograph indicates that you have an available mind, a ready intellect, and much versatility of talent. You ought to make considerable headway in carrying out work of a mental character. You are not built to do hard physical work, although we do not infer that you are weak in muscle or framework, we consider you are pretty well balanced in organizatoin, but the brain will take the ascendancy in the long run. Your forehead indicates that you have more than ordinary critical ability, and could become an expert in the study of law, in collecting evidence or in geting hold of facts, and we believe that if you were to give your attention to professional work, you would thoroughly enjoy some such study as law or applied chemistry, and you could succeed as a professor of the latter, or an attorney in the former. You will eventually show a good deal of literary talent, and will succeed as a writer. You are capable of organization work on a large scale, and will have but little to do with small concerns. Accept your birthright, which is an intellectual career, and do your best.

736.—D. C. P., Kasoto, Minn.—Your photograph shows that you have a predominance of the vital motive temperament, and you will take life easily as you pass along through it. You will not worry continually over things you cannot help, but will make the most and the best of opportunities as they appear. Some people fret themselves unnecessarily concerning the affairs of life, and on this account do not succeed so well, because their mind is all disturbed and upset over trifles. You appear to be firm and self-reliant, especially in carrying out your work, and will not be disposed to give up any portion of it, because there are difficulties in your way. Your perceptive intellectuality takes in the details of affairs, and you will be able to mix among men, to collect facts, and make yourself generally useful among men. You do not care to reflect or philosophize about things too long, and, in fact, you are not so much of a student of philosophy as you are of science and practical affairs of life. You remember by connecting one fact with another, and consequently can build up a good many ideas and retain a good deal of knowledge by associating one thing with another. You are not so social as some, but are kind-hearted and have good intentions concerning a help toward others. In this way you assist many who appeal to you for aid.

737.—This child has a regular Webster head, and will very early show signs of philosophizing about everything that attracts his attention. He will pay any one for taking care of and educating him; may be slow at first because he wants to stop and think a thing out for himself, and may not be so ready to take the ideas of other people even when he has been shown the



737.—N. H. R. ALHOL, MASS.

whole mechanism of a thing. He will be in his element when working out ideas for himself, and will be able to learn much through his own inquiry into things, if persons will take pains to go slowly with him and answer his queries. He has a loving disposition, and although he will be passionate at times, yet he can be regulated if any one will be cool and collected with him, and not show temper at the same time when he "gets mad," as the saying is. He is so full of life and energy that he must be kept busy, otherwise he will be up to mischief, and will turn over the work-basket to see what is in it. He has a mind very much developed in the lines of Herbert Spencer, and will show a good deal of individuality of thought, literary capacity, and would make a good Judge of the Supreme Court.

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738.—T. H. R., Negauzer, Mich.—You should be in an ingenious business or where you have to mix paints, chemicals, or materials, or in some manufacturing line of work where you could take up photography and use chemicals. In regard to art, your Constructiveness and Ideality are both so strongly developed that they will help you in manipulating work and in carrying out an important business. You are in your element when you have something important to attend to. You will make a good superintendent of work. There is no lack of ingenuity in your organization, and you can apply your mind firmly to any phrase of work to which you give your attention. You are very quick to take a hint, and consequently will be in your element when dispatching business or attending to clients or hustling among men. You are a good reader of character, and do not often make a mistake when summing a man up, and on this account will readily understand people with whom you have to work. You could succeed in the study of phrenology, because you possess large Human Nature and practical common sense. You do not need to borrow ideas from others, for you have more than you can carry out of your own, but you often find that men imitate your ideas and ways of doing work, and on this account you must patent your ideas before you make them public. We refer, of course, to any ingenious line of work in which you may be engaged.

739.—C. H. T., Trinidad.—Your photographs indicate thoughtfulness, resourcefulness, ingenuity, and continual industry. You are a student through and through. You could plead in our law courts with success. You could discuss psychology with a man like Herbert Spencer. You could even diagnose disease more correctly than many M.D.'s. If anything, your brain is too full of thoughts, plans, and suggestions, and you will study how to use them. We predict a rich reward. Write—whatever else you do, write. Love something or someone, for your nature craves an ideal. Find it. Speak, for you can win the attention of intellects.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY *will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.*

IF YOU USE A PSEUDONYM OR INITIALS, *write your full name and address also. Some correspondents forget to sign their names.*

I. S. T., Jamaica—No. 1.—For your query No. 1, a safeguard against defective eyesight, as described, namely, of a man with a Motive Mental Temperament—is to avoid smoking tobacco, eat but little grease in food, butter, fat meat, pork, or sugar. When studying, the light should fall over the left shoulder. He should never sit with the light in his eyes when reading, and should confine close, fine reading to between the hours of 10 A.M. and 5 P.M.

The lady you mention, who has a Mental Motive Temperament, and who is suffering from defective eyesight, should bathe her eyes in salt water and take half an hour's sleep in the early afternoon. Her brain may have become overtaxed, and the eyesight has probably been injured or affected by constant use.

(2) Your question referring to indigestion can be guarded against in a Motive Temperament if a person will eat a vegetarian diet and drink at least four or five glasses of water daily, avoiding tea and coffee, and eating regularly two meals a day.

(3) A Mental Temperament, according to your description, can avoid indigestion by taking hot milk or hot water as a daily beverage. The Mental Temperament needs the milk more than the Motive Temperament. A person should take a regular amount of exercise every day, and should knead the bowels every night, or make passes over them from right to left. She should only eat what her system requires to sustain it, and not overload her stomach. Her food should be simple and composed principally of the fruits as they come into season, of well-cooked oatmeal strained one, lentil soup, strained twice, brown bread, nuts finely chewed. This is an ideal diet, yet more people might thrive on it if they would give up the indigestible articles of diet.

FIELD NOTES.

THE FOWLER INSTITUTE.

On January 2d the Rev. F. W. Wilkinson lectured at the above institute, and gave a very eloquent address on the "Usefulness of Phrenology," which will be found in another column of this number. At the close Mr. Elliott gave some interesting character readings of persons selected from the audience.

On February 3d Mr. James Webb gave an interesting lecture on his trip to Gall's home, Germany. No one should fail to read his experiences of his trip on the Continent, which appeared in the Annual, and which can be obtained at the Fowler Institute, London, or Fowler & Wells Co., New York, for twenty-five cents.

On March 2d Mr. F. Cribb is announced

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to lecture before the Fowler Institute. We also wish to announce that on the third Wednesday in every month the members and graduates meet with Mr. Elliott at the rooms of the Institute, when practical discussions are held and papers are read by members, and much benefit results from these meetings. We always believed that when persons have a chance to ask a question or express an opinion that he naturally enjoys the meeting more than if he has to listen, the entire meeting. The meetings conducted on the third Wednesday in the month offer exceptional opportunities for this purpose.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The lecture for March 1st (Tuesday) will be given by Robert Walter, M.D., of Walter's Sanitarium. His subject will be "Life's Great Law, the Exact Science of Health." The doctor is an authority on this subject, having had a long and valuable experience as a physician, and is the founder and sole owner of Walter's Park. He has recently written a book on the above-named subject, in which he has condensed an account of his best ideas along these lines, and has given the reader much valuable help. Walter's Park Sanitarium is a great mountain resort of six hundred acres. Next month we propose to publish a sketch of the doctor, and give a little account of his work.

After going to press for the February number, the lectures that took place should be reported as having been given by Miss Fowler on January 13th, 20th, and 27th. Her subjects were "The Effects of Musical Vibrations on Temperament in Health and Disease." On the 13th "The Vital Temperament" was discussed, and the kind of music most beneficial for it in disease. On the 20th "The Motive Temperament" was discussed, with similar results. On the 27th "The Mental Temperament" was explained, the various instruments selected for the benefit of the sick who possessed this temperament, and the various kinds of singers, as well as the music which should be selected to give certain results.

The guests of honor were as follows: Miss Vescelius, on January 13th; Mr. McIntosh, on January 20th; Madame Von Klenner, on January 27th.

FEBRUARY TALKS.

On February 3d Miss Fowler took as her subject "The Life and Character of Emerson," and described the Phrenological characteristics of this great American. Mrs. King was the Guest of Honor.

During the month, on the 10th, 17th, and 24th, Ruskin, Carlyle, and Browning were similarly discussed.

Professor Hummel is delivering a course of lectures on Phrenology and kindred subjects here this week, and is drawing fair crowds of hearers, considering the bad weather. Professor Hummel handles his subjects as one who knows much about them only can. More people should attend his lectures and learn to know something about themselves which they never learn in the public school. He is a fluent speaker and an able phrenologist.—From the Weekly Item for January 29th.

SENSE AND NONSENSE.

Many a young man travels first class, owing to the fact that his father pays the freight.

Every married woman thinks that every spinster she meets envies her, but she is usually entitled to another think.

Better eat stale bread than be ill-bred.

Never put off till to-morrow the creditor who will wait till next week.

When a sculptor makes a cast he is either fishing for fame or money.

A woman has no business in politics until she is able to throw mud straight.

The less some men know about a given subject the more they try to show off.

Appearances would indicate that the average man doesn't get much beauty sleep.

KIND-HEARTED.

"He's a kind-hearted automobliist, isn't he?"

"Exceptionally so. I never knew him to run over even a child, unless he was in a hurry."—"Life."

A GREAT HAND.

Mike (teaching Pat poker): "Well, what hov yez got?"

Pat: "Four trowels and a black shamrock!"—"Puck."

"Do you belong to the Law and Order Society?"

"Yes, sir; anybody you want lynched?"—Atlanta "Constitution."

LARGE LANGUAGE.

"Don't you think that Mrs. Chatson is quite a brilliant conversationalist?"

"Oh, quite! She can express less in more words than anyone I ever met."—"Life."

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FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of **FOWLER & WELLS CO.**

THE SUBSCRIPTION PRICE of the PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE is $1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to Fowler & Wells Co., and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the PHRENOLOGICAL JOURNAL and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Human Nature"—San Francisco.—The first article of this interesting paper is upon "The Genuine American," and is illustrated with the picture of two Apache Squaws, by C. P. Holt. We cannot have too many articles of this character, for as lovers of ethnology, we like to dip into the subject that bears upon the Indian race. The whole magazine teems with useful Phrenological ideas. Allen Haddock is the able editor.

"The Household Ledger"—New York.—This excellent magazine brings with it many articles of interest. The "Celebrities of To-day" is one, "Physical Culture" is another, "Music" is another, which fill up a magazine of sixty-four pages.

"Good Health"—Battle Creek.—This month the magazine has some valuable advice as to "How not to mind the Weather." There is seasonable advice in this article, which we are sure many thousands of Americans will be glad to read and follow. Dr. J. H. Kellogg is the writer of the article.

"The Literary News"—New York.—The opening article of this monthly is upon George Francis Train. It is called "A Carnegie and Morgan of the Sixties," and any one who has read the life of *Citizen Train* will realize that this title is correct. He was a man of many excellent qualities, which showed at their best in the early sixties.

"American Weekly Agriculturist"—Springfield, Mass.—contains much useful information on specialties for the garden. A new late cabbage from Russia called The Volga Cabbage is the heading of one article; "A New Self-Blanching Celery," illustrated, forms another article, while "The Dwarf Stone Tomato" is described by Mr. Livingston. These are only a few of the interesting items that form the literary menu of this popular monthly.

"The Garden"—London.—A recent number of this English magazine contained an excellent portrait of Alfred Russell Wallace, LL.D. The magazine dedicates the sixty-fourth volume of the "Garden" to this illustrious writer, because aside from his interest in "Natural Selection," his life-long delight in the beauty of flowers has led him to their care and culture. He is himself an ardent and accomplished gardener, and it is in this capacity namely that his portrait has been given.

"Wings"—London.—In this temperance periodical, which is the official organ of the Women's Total Abstinence Union, a beautiful portrait of the late Madame Antoinette Sterling is given. We regret that death has snatched away from our midst this estimable singer. Through her voice many were brought to sign the pledge. On two occasions we have had the pleasure of examining her head publicly, and each time she was most enthusiastic as an advocate of Phrenology.

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"The St. Louis Globe Democrat"—St. Louis—is a remarkable paper in many respects, and it has a corner for every one.

"The Book-keeper and Business Man's Magazine"—Mich.—This magazine improves in style every month. The paper is up to date and its articles are of superior merit. One is on "College Graduates and Business Men," by John A. Walker, Vice-President and Treasurer of Joseph Dixon Crucible Company. Another is on "Trade Possibilities in China," which is finely illustrated; another on "Confused Surroundings, Confused Ideas—The Evils of Systemless Methods," by Orison S. Marden, editor of "Success"; altogether the magazine is a most readable and interesting magazine for all business people, and should not be overlooked.

"Why"—New York.—This little magazine has changed its name from "Chat," but it retains all its former brightness of style, and consequently will be well received by its patrons. It is calculated to help business people, particularly those who have an interest in the welfare and work of young people in office, who have to earn their own living. Miss Fowler has an article on "Psychology and Business."

"The Popular Phrenologist"—London—is full of interest concerning problems of the day, and its character sketches are replete with thoughtful suggestions, which help the reader to better understand himself. The lessons in Phrenology taken up monthly are by Mr. James Webb, and these in themselves are worth the subscription paid for monthly.

"The American Monthly"—New York—contains particularly interesting news referring to the affairs of the world and what is going on in all parts of it. Its portraits are numerous and excellent in character. If one has this magazine and reads the principal articles one possesses a wealth of information.

"Human Culture"—Chicago—is a magazine devoted to the science of Phrenology, and contains much that is useful in the science of Phrenology.

"The Club Woman"—New York—for February is full of interest on the affairs that interest women. So many are the articles that one would like to mention, but we hesitate to do so, and leave our readers to examine the departments of woman's work, in which they are particularly interested. Of course it has reference to St. Valentine.

"Madame"—Springfield, Ohio.—It would seem as though there was no room for another woman's paper, but the fact remains that we have an excellent magazine, which must be largely supported by the fair sex for this one to keep up its excellence, in style and reading matter.

PUBLISHERS' DEPARTMENT.

WHAT THEY SAY.

"Enclosed please find remittance to pay for the PHRENOLOGIAL JOURNAL for the year 1904, and also the Annual. The Journal is one of the luxuries of this life, I could not get along without.

"G. A. L., M.D.,
"Mansfield, Ohio."

"Enclosed find one dollar for the PHRENOLOGICAL JOURNAL for 1904. I am in my eightieth year, and have been a reader of Fowler & Wells's works for over fifty years. I wish you health, prosperity, happiness, and long life.

"A. B.,
"Meigsville, Ohio."

"Enclosed herewith one dollar for your PHRENOLOGICAL JOURNAL for another year. I enjoy your Journal, and I am sorry I had not taken it years ago. It is instructive and entertaining.

"M. H. M.,
"Ventura, Cal."

C. A. Gates is located in Galesville, Wis., giving examinations.

V. F. Cooper is in Cottonwood, Idaho, and writes: "Enclosed find Money-order in payment of account, and also the following one hundred Wells Charts by mail. Please accept my thanks for prompt shipment of last order, and also for your having saved me money by sending by mail instead of express."

E. A. Bradley is located in Blakely, Minn.

B. F. Pratt, of Tontogany, O., writes: "I am having good success with my lectures. A letter from Professor Hummel states that he has had a prosperous season."

In response to the daily inquiries for instruction at The American Institute of Phrenology, we would urge upon all candidates purposing to be with us on the 1st of September to give earnest attention to home study. The coming session will be an important one. A large field is opening for the Phrenologists who have acquired thorough knowledge in the science and art of Phrenology.

"Rational Physical Culture," by C. F. McGuire, M.D. Price, 25 cents. The "Brooklyn Medical Journal" says: "It is well adapted for the guidance of anyone, medical or unmedical, and it is greatly to be hoped that it will have a wide circulation."

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"Temperaments," $1.50. Fowler & Wells Co.

"Whether the physiologist makes his analysis in accordance with the old system of four Temperaments, or in accordance with the new system, which recognizes but three, he attributes a certain type of organization to the person under his observation. He does not expect the man in whom the nervous or mental quality predominates to exhibit the disposition of the man in whom the bilious or motive quality is the most conspicuous. And he would not assign men so differently constituted to the same kind of work, any more than an experienced agriculturist would set a plow and cultivator side by side in a rough field and expect them to perform similar duty in preparing the soil for a crop. No; he would assign to him of the strong mental or nervous constitution work which required the exercise chiefly of the intellect and a light, facile hand; while to him of the motive or bilious type he would give labor requiring muscular strength and steady, enduring application; for one he would consider the duties of the counting-room or office appropriate; for the other the tasks of the farm or the workshop.

"He would not think of supplying these two men with food of like materials and quantity, because he knows that their differences in physical constitution enjoin a difference in their food, which must be observed for the maintenance of their respective healths. And further still, their proclivities and requirements are unlike, as he perceives, in the matter of recreation, society, and mental avocation.

"This subject of Temperament, the reader may remark, is one which relates mainly to the human body, how it is built up and constituted in its different parts."

"How to Mesmerise (Hypnotism)." A manual of instruction in the history and arts of mesmerism. Illustrated. By James Coates. Price, 50 cents.

"How to Thought Read." By James Coates. Price, 50 cents.

"The Better Way." An appeal to men in behalf of human culture through a wiser parentage. By A. E. Newton. Price, by mail, 25 cents.

"Sexual Physiology." A scientific and popular exposition of the fundamental problems in sociology. By R. T. Trall, M.D. Price, by mail, $2.00.

"Fruit and Bread." By Gustave Schlickeysen. Translated from the German. By M. L. Holbrook, M.D. 250 pp. Price, by mail, $1.00.

"Edeology: Plain Truths for All." A treatise on the generative system. By Sydney Barrington Elliott, M.D. Price, $1.50.

"Massage." Principles and remedial treatment by imparted motion. Description of manual processes. By G. H. Taylor. 203 pp. Price, cloth, $1.00—4s. 6.

"A Lucky Waif." A story for mothers of home and school life. By Ellen E. Kenyon. 12mo, 299 pp. Paper, 25 cents.

"Brain and Mind; or, Mental Science Considered in Accordance with the Principles of Phrenology, and in Relation to Modern Physiology." By H. S. Drayton, A.M., LL.B., M.D., and James McNeill, A.M. 12mo, 354 pp. 125 illustrations. Cloth, $1.50.

"Choice of Pursuits; or, What to Do and Why." Describing seventy-five trades and professions, and the temperaments and talents required for each. By Professor Sizer. $2.00.

"Hyde's Elocution and Oratory; Natural System." 8vo, 653 pp. Illustrated. Cloth, $2.00.

"Horace Mann: A View of His Life and Its Meaning." A memorial address. By J. B. Weston, D.D. 12mo, 24 pp. Paper, 10 cents.

"How to Paint: A Complete Compendium of the Art." Designed for the use of the tradesman, mechanic, merchant, and farmer, and to guide the professional painter. By F. B. Gardener. 18mo, 126 pp. Cloth, $1.00.

"How to Conduct a Public Meeting; or, The Chairman's Guide for Conducting Meetings, Public and Private, According to the Best Parliamentary Rules." With rules of order, etc. 12mo, 30 pp. Paper, 25 cents.

"In a Nutshell." Suggestions to American College Students. 12mo, 178 pp. Extra cloth, full gilt, 75 cents. Filled with the information that all students so much need in regard to the care of their physical and mental health.

"The Causes of the Decay of Teeth." By C. S. Weeks, dentist. 12mo, 24 pp. Paper, 10 cents.

"How to Raise Fruits." A handbook, being a guide to the cultivation and management of fruit trees, and of grapes and small fruits. With descriptions of the best and most popular varieties. Illustrations by T. Gregg. Cloth, $1.00. A book which should be owned by every person who owns a rod of available land, and it will promote success where now there is nothing but failure. It tells of the cost, how to plant, how to trim, how to transplant, location, soil, selection, diseases, insects, borers, blight, cultivation, manuring, layering, budding, grafting, etc. It is a most complete guide to small-fruit culture, with many illustrations and descriptions of the latest varieties.

"How to be Successful on the Road as a Commercial Traveler." By an old drummer. 16mo, 96 pp., 20 cents. This little work indicates the proper qualifications for a salesman, and is full of suggestions that men "On the Road," in fact all men who sell goods, can read with great profit.

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The points given are such as to in a great measure insure success to any one who will follow them.

"A Natural Method of Physical Training." Making muscle and reducing flesh without dieting or apparatus. Illustrated. By Edwin Checkley. Price, $1.50.

"Hygiene of the Brain and the Cure of Nervousness." By Dr. M. L. Holbrook. Price, by mail, $1.00.

"Eating for Strength." By M. L. Holbrook, M.D. Price, by mail, $1.00.

"Parturition Without Pain." A code of directions for avoiding most of the pains and dangers of child-bearing. By M. L. Holbrook, M.D. Price, by mail, $1.00.

"Aids to Family Government; or, The Art of Rearing and Managing Children according to the Froebel and the Kindergarten Method." By Mrs. Bertha Meyer. Translated by M. L. Holbrook, M.D. Price, cloth, $1.00.

"Vegetarianism the Radical Cure for Intemperance." By Harriet P. Fowler. Price, by mail, 30 cents.

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TABLE OF CONTENTS

Frontispiece.
The Language of Eyes . . . . . By J. A. Fowler
A Recent Visit to Tiefenbrunn and Longuich . . . . . By James Webb
Character Sketch of Mr. Frank C. Jarvis (*with portrait*) . . . By D. T. Elliott
The Study of Phrenology . . . . . By J. P. Blackford, F.B.P.S.
Character Sketch of Miss A. Brackenridge, F.F.P.I. (*with portrait*) By D. T. Elliott
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Character Study . . . . . By R. Dimsdale Stocker
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Phrenology the Nation's Right Hand . . . . . By Theodore Wright
Memory . . . . . By Adena C. E. Minott
Ethnology, or Races of Mankind . . . . . By J. A. Fowler
Phrenology, and How its Objectors May be Met . . By W. Rockwell-Kent
Hints to the Wise . . . . . By T. W.
Phrenology and the Practice of Medicine . . . . By Elizabeth W. Smith
Phrenology as a Science (Interview with Professor E. Morris).
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CONTENTS FOR APRIL, 1904

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PAGE

I. **A Personal Appreciation of Dr. Robert Walter, of Walter's Park.** By J. A. Fowler. Illustrated - 103
II. **The Exact Science of Health.** By Robert Walter, M.D. - 107
III. **Practical Psychology.** The Will - 111
IV. **Exercises for April.** The Motive-Vital Temperament. By Captain Jack MacDonald - 112 and 117
V. **People of Note.** Nicholas II. as Emperor of Russia and Peacemaker. A Symposium. By D. T. Elliott, of London, and J. M. Fitzgerald, of Chicago. Illustrated - 113
VI. **The Unscrupulous Ambition of Russian Despots.** By Daniel H. Chase - 114
VII. **The Science of Health.** News and Notes. By E. P. Miller, M.D. What America Spends Annually for Tobacco. Does Vaccination Prevent Smallpox? Beer-Drinking Germans. Fasting as a Remedial Agent. Cherubims and Flaming Sword - 115
VIII. **Treatment of Inebriety.** By Chas. H. Shepard, M.D. - 118
IX. **Health and Civilization.** By Julia Colman - 119
X. **The Psychology of Childhood.** Robert J. Houghton. By Uncle Joe - 121
XI. **Letter from Mr. Houghton** - 123
XII. **Higher Education and Motherhood.** By Mary Lowe Dickinson - 123
XIII. **The Rationale of Phrenology.** By Rev. F. W. Wilkinson, F.F.P.I. - 124
XIV. **Music, Art, and Poetry—Products of the Subjective Mind.** By J. Thornton Sibley, M.D. - 125
XV. **The American Institute of Phrenology and Delineation of Joseph Salomonson.** How to Live According to Nature. By Joseph Salomonson. Illustrated - 126
XVI. **Editorials.** The Brains of the Van Wormer Boys. A Song of Spring, by S. E. Baker. Baths. One Life, by Margaret Isabel Cox - 131
XVII. **Reviews.** Annual Report of the Department of the Interior on Education 133
XVIII. **To New Subscribers** - 134
XIX. **Field Notes** - 134
XX. **The Fowler Institute** - 136

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A Personal Appreciation of Dr. Robert Walter, of Walter's Park.

By J. A. FOWLER.

There are some persons to whom we are intuitively drawn to seek advice upon the practical affairs of life, while other persons repel us and have just the opposite effect upon us. Dr. Walter is a man of keen sympathies, and everyone, more or less, is subject to his personality; this is not surprising, as he has a most genial disposition.

DR. WALTER'S PERSONALITY.

Phrenology points out seven principal reasons why one is naturally drawn to such a man as Dr. Walter, and why one is convinced of his practical common-sense, his originality of mind, his farsightedness, his intuitive perception as proof of his understanding of character.

His years of experience have weighed but lightly upon him, and have made him to-day the envy of many who are practically so-called worn out and used up at his age, and are deficient in the qualities that make for health, are ignorant of the laws that go to build up "abundant life," or are bowed down by the stress and strain of business.

Most men and women nowadays are posing as expert character readers, and we congratulate the Science of Phrenology on having converted so many persons to the most accurate way of summing up character.

HIS FOREHEAD.

1. By looking at the forehead of our venerable friend, we see at once a thoughtfulness expressed there. The forehead is broad in the organ of Causality, in the upper portion of the forehead, hence he possesses more than ordinary originality of mind, ability to organize and think deeply on all matters of vital importance.

HIS CENTRAL FACULTIES.

2. It will also be noticed that he is very prominently developed in the central faculties which show an active capacity to analyze men, subjects, lines of work, and all the great laws of life.

HIS INTUITION.

3. The organ of Intuition enables him to examine the needs of his fellowmen, and every page of his last work breathes this dominating thought.

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He has shown his love of humanity and his keen interest in his fellowmen when laying before his readers "Life's Great Law."

FINE QUALITY.

Added to his well-rounded-out forehead, and his regular features, he has a fine quality of organization, which helps to increase our confidence in his ability as a medical man, and his practical method of giving advice.

HIS ORIGINALITY OF MIND.

4. The outline of his head shows more than ordinary originality of mind, and we know that through the breadth of head in the temples he possesses large Constructiveness and Ideality. This segment of his brain also indicates resourcefulness of mind, beauty of conception, and appropriateness of expression.

HIS HEIGHT OF HEAD.

5. The height of the doctor's head and the fullness of the coronal and superior regions indicate that he has a well-developed moral brain, hence we should expect him to be a broad-minded, liberal thinker, conscientious in carrying out his views of life, his opinions, as well as his principles, and, consequently, we are sure that whatever his experience has brought to him he will unflinchingly express it.



DR. ROBERT WALTER.

HIS WILL POWER.

6. He is a man of indomitable will power, great perseverance, and remarkable tenacity of mind. This was one of the characteristics that O. S. Fowler laid great stress upon when he

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examined the doctor's head many years ago, and it has not decreased with the experience of years.

HIS SOCIAL FACULTIES.

7. He should be known for his geniality of character, his sociability of mind, his capacity to make friends, and his companionableness when thrown among strangers. Thus it will be seen that he is a well-balanced man, possessing no great extremes of character and capable of unifying the best resources of Nature, knowledge, and experience. He should be able to get in touch with others quite readily, and, although he holds distinct opinions about matters and things, yet he is so logical that he is capable of pointing out to others their proper course in life, and he is able to persuade people to conform to his views, rather than alienate them from his views.



WALTER'S PARK.

HIS BOOK.

His book is an outpouring of his own ideas and experience, which he contrasts with the life and the experience of other men, and he finally builds up a foundation, and points out positive laws concerning life, medical science, the curing of disease, and the philosophy of living. He writes not so much with the object of popularizing his ideas—though he succeeds in doing this—but mainly to attract the attention of deep thinkers and intellectual critics on the subject in question. He very carefully covers the whole ground of the Rest Cure (pages 192-205); Gymnastic Schools, or the processes of development (page 219); the Fasting Cure; and the ideas of Drs. Jennings, Trall, Jackson, and Hahnemann (page 236); the Water Cure (page 282); the Mind Cure (page 283); etc.

His book is one of the most complete works on the subject we have had the pleasure of reading. All professional and business men should read it.

DR. WALTER'S OTHER WORKS.

Dr. Walter's other books are: "Vital Science," "The Outlines of a Common-Sense System," "The Best Means of Preserving Health and of Gaining Health," "The Sanitary Treatment of

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Neurasthenia," "Scientific Rest-Cure," "Getting at the Foundations," etc.*

As a lecturer Dr. Walter is genial, thoughtful, persuasive, and instructive; and it is little wonder that persons who visit his sanitarium are cured of their various maladies. He knows how to give a word of cheer and encouragement to each, and, more than that, he applies natural law to the condition of all of his patients.

THE SANITARIUM.

The sanitarium at Walter's Park is the product of an idea. The founder, from being supposed an incurable invalid, became under this idea a marvel of energy and endurance, and erected a sanitarium to illustrate his new ideas. After fifteen years of hopeless invalidism he turned his attention to medicine, and a sanitarium was built, that he might offer to others what he had proven to himself so convincingly valuable to health. The sanitarium is dedicated to the science of right living as the basis for good health. It teaches the practices and the art of getting well side by side with the art of keeping well. Its results to invalids are permanent, the superstructure of health is here built upon a solid foundation.

The Walter Sanitarium is the legitimate rest-cure. It urges nutrition as the basis, and avoids stimulation. Its methods are restful, quieting, soothing, promotive of real vitality, instead of the excited and apparent vigor that comes from tonics and stimulants. Rest, sleep, relaxation is the leading idea, which idea is the product of more than forty years' intelligent experience with sanitary appliances. Here one is able to receive all the best possible conditions for rest and recuperation, as well as the most skillful treatment of all cases received into the establishment.



THE ANNEX.

The location of the sanitarium is certainly an ideal one. On the mountain side, nearly 1,000 feet above tidewater, overlooking one of the richest and most beautiful valleys in the world, it possesses all the elements of sanitary living in a degree unsurpassed, if indeed equaled, on the continent. The views are most extensive, and are made up of wooded mountain and cultivated valley, of babbling brooks, and forest trees, and highly cultivated farms, all showing nature cast in the larger mold supplemented by art of no mean order.

The water, abundant and sweet, is

*All of these works can be had from the Fowler & Wells Company, New York.

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from living springs on the mountain side, pure and soft as the morning dew, and the morning dew is only in the springs. So dry are the atmosphere and soil that one may tramp through the grass almost any morning without soiling his shoes.

The air is pure, dry, and balmy to a degree unexpected.

The buildings are of mountain granite, five stories in height, 320 feet front, finished and furnished in excellent style. The new addition, 42x90 feet, is especially to be noted. It contains new dining-room, assembly-room, billiard-room, parlor, guests' chambers, all of modern construction. New movement-room, reading-room, offices, lobby, and new elevator are all up to the latest designs. Improvements in every department are to be noted. The whole institution is heated by steam and open grates and lighted by electricity. Hardwood floors and steel ceilings, enameled or papered walls, and Wilton carpets are the choice. Extensive piazzas are before one.

The Solarium is especially fine, and is nearly 2,000 square feet, enclosed in glass, warm in winter and cool in summer, when the glass is removed. The picture of the Sanitarium will give our readers some idea of the description we have made.



A BIRD'S-EYE VIEW.

The Exact Science of Health.

By Robert Walter, M.D.

As the empiricism of alchemy passed into the science of chemistry when the laws of chemical combinations were discovered, so what is by courtesy called medical science will pass into a science of health as soon as the laws of vital phenomena have been established. Science without law is a misnomer. Being a description of Nature, she must declare the forces and formulate the laws of production, whereby to explain her otherwise mysterious and bewildering phenomena. No human mind was ever able even to enumerate the productions of Nature; no intellect is capable of comprehending a millionth part of her phenomena; the complexities, bewilderments, and even absurdities of empiricism are facts which no one questions.

In marked contrast is the simplicity of science. Here one law—one inferred fact, is more potent for results than ten million facts observed; one primary fact, constituting an established premise from which we may deduce conclusions and carry on work, becomes of greater consequence than all the stores of human knowledge that the ages have otherwise accumulated.

All phenomena, whether physical or physiological, are the products of power, which, always operating according to law, enables us through the recognition of the power and the knowedge of the law, to produce, control, prevent, or explain all the phenomena of its class. It is for this reason that knowledge is power. Science such as this makes man the prophet of Nature and the administrator of her resources. No achievement is too great for such science to accomplish; no problem too profound for her to solve; no wealth too abundant or achievement too resplendant for the man who knows How. To apprehend the power that produces and comprehend the law by which it works, is knowing the How.

Such knowledge involves a discovery as clear and distinct as are those which have made astronomy and chemistry to be regarded as exact sciences. Who has made such discovery in medicine? Where is the work that undertakes to formulate its laws? It was called the science of Physic a hundred years ago, because the treatment of invalids consisted largely in puking and purging; to-day it is the science of medicine only because medicines are supposed to possess some mysterious curative virtues.

"But lo! a coming day we see,
As come it will for a' that.
When science based on common-sense
Shall bear the gree for a' that."

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No one can believe that dead drugs possess living power; and if they have no vital power, how can they do vital work? If they have no power of operation, how can there be laws by which they cure? If medicines cannot move themselves, how can they move other things? as calomel moves the liver or jalap the bowels. Old Prof. N. Chapman, long ago of the University of Pennsylvania, discussing this subject, well said:

"It would hence really appear that instead of medicine, drink, or aliment, acting upon the living organism, as is generally imagined, it is, on the contrary, the living organs that act on these substances."

The power that made is the power that preserves, whether it be macrocosm or microcosm—whether it be Jupiter and Mars revolving in space, or any liver, lungs, or heart moving within one. And the power that preserves is the power that heals, repairs, cures, in order that it may preserve. This power is properly called vital force, or vitality, because it does vital work. And it works, as all other forces do, in accordance with law. The recognition of the power and the discovery of the law is the essential discovery, and the basis of a true Science of Health.

That great author of a past generation, Dunglison, in discussing this subject, well says:

"It has been acknowledged from time immemorial that medicine is a science of observation; nay, it has been said that it consisted solely in observation."

Could anythting worse be said of Astrology or Alchemy; were they not based wholly on observation, even of such observers as the great Newton; they developed into sciences by the discovery of the laws of their production.

No one can doubt the importance of observation in science or out of it. It is the primary stage of all knowledge, illustrated in the infant individual as in the infancy of the race, but every scientist, by virtue of being a scientist, has passed from the infancy of knowledge to its adult proportions—from the helplessness of the unsophisticated to the power of exact knowledge. The deceptive nature of appearances we all know. The sun does not revolve around the earth no matter what appearances may say—a fact which is typical of most phenomena. One of the greatest evils of all time is the habit of drawing conclusions from insufficient premises, or from no premises at all.

"Saw with his own eyes the moon was round,
Was equally sure the earth was square,
Because he had traveled twenty miles and found,
No sign that it was circular anywhere."

That great medical professor, but greater poet, Oliver Wendell Holmes, has emphasized the fallacies of observation, and especially of reason based upon it, while undertaking to get out of them for delighted readers much fun and frolic.

THE STETHOSCOPE SONG IS AN EXAMPLE.

"There was a young man in Boston town,
He bought him a stethoscope nice and new,
All mounted and finished and polished down,
With an ivory cap and a stopper, too.

"It happened a spider within did crawl,
And spun him a web of ample size,
Wherein there chanced one day to fall
A couple of very imprudent flies.

"The first was a bottle fly, big and blue,
The second was smaller, and thin and long;
So there was a concert between the two,
Like an octave flute and a tavern gong.
. . . . . .
"Now being from Paris but recently,
This fine young man would show his skill;
And so they gave him, his hand to try,
A hospital patient extremely ill.
. . . . . .
"Then out his stethoscope he took,
And on it placed his curious ear;
Mon dieu, said he, with a knowing look,
Why here is a sound that's mighty queer.

"The bourdonnement is very clear,
Amphoric buzzing as I'm alive;
Five doctors took their turn to hear,
Amphoric buzzing, said all the five.

"There's empyema beyond a doubt;
We'll plunge a trocar in his side.
The diagnosis was made out,
They tapped the patient; so he died."

But we have not time to tell of the old lady whose "pulse was slow though her tongue was quick."

"How when the stethoscope came out
The flies began to buzz and whiz,
O ho! the matter is clear, no doubt,
An aneurism there plainly is.
. . . . . .
"Now when the neighboring doctors found
A case so rare had been descried,
They every day her ribs did pound
In squads of twenty; so she died."

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Nor can we delay to tell of the six young damsels "slight and frail" to whom he said:

"There's grave disease—
I greatly fear you all must die;
A slight post-mortem, if you please,
Surviving friends would gratify.

"The six young damsels wept aloud,
And so prevailed on six young men,
That each his honest love avowed,
Whereat they all got well again.

"Then use your ears all you who can,
And don't forget to mind your eys,
Or you may be cheated like this young man
By a couple of silly abnormal flies."

But if the facts so carefully observed are utterly delusive, what shall be said of the reasoning based on them. No man ever reasons from what he sees, but from what he thinks he sees. And as no two persons see exactly alike, so they cannot wholly agree in their conclusions. Moral and intellectual color-blindness are more common in our day than that which is physical ever was.

"When next you talk of what you view,
Think others see as well as you,
Nor wonder if you find that none,
Prefers your eyesight to his own."

Is the way Sir Walter Scott puts it. And Holmes laughs at the reasoning based upon such observations.

"Have you heard of the wonderful one-hoss shay
That was built in such a logical way,
It ran a hundred years to a day,
And then of a sudden! Ah, but stay."

But history sadly shows that there is much besides fun in medical reasoning. One hundred years ago observation clearly showed that bleeding and purging mitigated symptoms, and appeared to cure diseases with great certainty. We all recall that the "Father of his Country" was bled and bled and repeatedly bled until the afflicted General turned on his couch and requested to be left to die in peace. Continuous and repeated purgings were not less scientific in those days until blood and bowel disease became so alarmingly frequent and serious that the dullest intellect was aroused, and an extremely violent change in theory and practice soon followed. To-day the opposite treatment, based upon the same science of observation, is everywhere employed, as illustrated in the treatment of scores of dead statesmen, like Mark Hanna, whose vitality in every case is sought to be sustained by the most powerful poisons. But they all die. As well expect one's return from the unseen world as recovery under the ultra-scientific stimulation of our day. The world doesn't as yet know that the manifestation of vitality, as by work, excitement, stimulation, is the evidence of its expenditure, and that a forced manifestation is always a process of exhaustion.

But observation is by no means valueless. Though it has often led us to observe practice, it has also exposed great errors and suggested glorious truths. To which of these classes may we consign the Sympathetic Ointments of the time of Lord Bacon?

"It is constantly received and avouched," says Bacon, "that the anointing of the weapon that made the wound will heal the wound itself."

And astonishing cures were performed without other treatment than binding up the wound and anointing the weapon that made it. Sir Humphrey Davy, the discoverer of "laughing gas," made accidentally an even more brilliant discovery while attempting to test the merits of his gas as a medicine. He found a man suffering with palsy, to whom he proposed the "laughing-gas" treatment, but before administering it, proceeded to take the person's temperature by placing a thermometer in his mouth. On the removal of the thermometer, however, the patient, thinking that was the treatment, said he felt better, and so it was decided to give him daily doses of thermometer, which, having done for a fortnight, the patient was cured.

It is that great medical author, Dunglison, that gives us these and scores of other illustrations of the untrustworthiness of observation, no matter by whom made. And all this is not intended to decry either the faithfulness or ability of the physician. Among the professions none are more justly honored; none more laborious, faithful, and painstaking than the man who first ushers us into the world, and then closes our eyes in death. Granted that his methods may not always be the best, all that we can ask of him is to live up to the light which he has, and if in the providence of God he shall have discovered some new and better way, he is bound by every consideration of right and honor to let his light shine even to his own injury, as it must, if the step he has taken be an important advance. It has been through observation and experience that all the stores of medical knowledge have been garnered, and if the time has come to marshal these in consistent order to the establishment of an exact science, let us still be true to the truth as we see it.

To the observations and experience of old Ambrose Paré, Surgeon General of the French Army, all the world is indebted. In Paré's time all gunshot wounds were cauterized by pouring into them boiling oil, as a

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necessary means of saving the patient's life. But once upon a time, after a great battle, Paré found to his dismay that the supply of oil was exhausted, and thousands must die from want of it. What was his surprise to find that those who were not cauterized recovered more rapidly and easily than those who had received the scientific treatment.

And coming down to our own times, have we not learned how futile were all the inconveniences, expenditures, and hardships of quarantine against yellow fever, now that experiment has proved that it is not contagious in the ordinary sense; and how soon may we expect observation and experiment to prove that vaccination is no preventive of smallpox, but that its greatly reduced frequency and virulence in our day are due to isolation and cleanliness in place of previous filth and continuous attempts to spread the contagion. Previous to vaccination thousands were engaged in spreading smallpox by inoculation, so always keeping it alive in the community, just as they are now seeking to prevent it by isolation and vaccination. Is it wonderful, therefore, that there should be fewer cases of smallpox in our day in face of vigorous attempts to prevent its spread than in times past, when attempts to spread it were almost as universal. Its reduced virulence, on the contrary, is due chiefly to greater cleanliness. Smallpox ravaged Mexico for the same reason that the Black Death ravaged Europe, but both were due chiefly to the prevailing theory that filth was proof of Godliness, and the odor of filthy garments was mistaken for the odor of sanctity.

But we have more important work on hand than simply exposing the untrustworthiness of observation, no matter by whom made. A science of health as exact and reliable as astronomy and chemistry is the great desideratum we have in view. Such science is rational not speculative, logical and not empirical. Its practice is always developed out of demonstrated in place of the assumed premises of empirical science. Every foundation must be sure if the superstructure would endure. A fundamental discovery from which to reason is, therefore, an absolutely necessary prerequisite to every science that is worthy the name.

Let us consider for a moment the necessary character of such discovery. This is determined, of course, by the nature and objects of science. Science is a description of Nature, and especially of how Nature does her work, in order that we may take advantage of this work for our own purposes. It is a true apprehension by the mind of the processes illustrated outside as well as inside the mind. The first consideration in any work is always power to do it. This is known in science as force, and force, though invisible, is not by any means a fiction. Its existence being the first step toward production makes the recognition of its existence to be the corresponding step in science, just as sure as it is true that science is a description of Nature.

A knowledge of how the force works, that is, What are the laws of its operations, is, however, still more important. In the nature of things law and force are inseparable. Where the one is will always be found the other. The one works and the other directs; the one points the way and the other enforces the decree, making the basic discovery in every true science to be a statement or formula of fact which designates the power that produces the phenomena and the law by which the power works. This is what the great Professor John Hughes Bennett, of the University of Edinburgh, calls the "primitive fact" of the science. It is the causative fact—the basic principle of production, which, as Bennett well says, "renders the different parts of the science harmonious and the deductions of its cultivators conclusive." The law of gravity, which includes a statement of the force of gravity as well as how it works, is the primitive fact of physical science, and applies to all the facts of which it is made up. Chemical affinity, he shows, is equally the primitive fact of chemistry. What, therefore, must be the primitive fact of vital science if it is not a statement of the force that does the work of the vital organism, and of the law by which it works. And Bennett continues as follows:

"Medicine, then, in its present state, possesses no primitive fact. But is it not very possible that it may do so at some future time? During the many ages before Newton," he says, "physical science was as inexact as physiology is now. Before Lavoisier, chemistry, like physiology, consisted of nothing but groups of phenomena. These sciences went on gradually advancing, however, until philosophers appeared who united these together under one law. So medicine, we trust, is destined to advance, and one day another Newton, another Lavoisier, will arise whose genius shall furnish our science with its primitive fact and stamp upon it the character of precision and exactitude."

(*To be continued.*)

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Practical Psychology.*

THE WILL

(a) Volition, the training of the will, first by physical exercise, secondly by mental exercise. (b) The development of the will; basis of feeling. (c) The psychological definition of the will; the phrenological definition.

According to psychologists, the definition of the will includes all the active operations of the mind; all our conscious actions and doings, whether external bodily actions, as walking, etc., or internal mental actions, as concentrating thoughts, etc. By active operations are meant not only external actions or movements, but also internal acts of mental concentration, and the will to ward off the blow with the hand is an illustration of a voluntary action, while blinking when an object is brought close to the eyes is spoken of as non-voluntary, because, though we are conscious of the movement, we do not distinctly purpose to perform it. Desire, then, is the underlying element that precedes volition. It makes us seek the realization of some pleasure which is presented to the mind. If we analyze a desire, we find that we have, psychologically speaking, intellectual elements, emotional elements, and voluntary elements. Under intellectual elements we might again divide our heads under presentative and representative elements, or those that include physical experiences in their simple form, and what imagination brings to us of former images or consorts.

There is a keen relationship between willing, knowing, and feeling. In many incidents there is a certain position set up in the mind between knowing and feeling to willing; thus we may want to do something that requires activity and at the same time we may need to reflect a doubt of the work, which forms a contrast. As a rule, a child who is energetic does not care to reflect much upon his actions, and the same holds true with older people. Strong emotions and actions are elements of contrasts, but the man of strong will, say psychologists, is the man who, among other things brings emotion under control. As a rule, however, the element of knowing and feeling must be controlled by voluntary action to be effective. To have the desire to gratify some feeling suggests a voluntary action before the end or object is obtained. Thus a child may desire to stand well in his grammar class in order to get high marks in his test examination, and the object will call out his knowledge of nouns and verbs, and help him to bring about the desired effect or result. In nearly every case the psychologists say they find that feeling supplies the stimulus or force to volition, while it is the knowing element or intellect which guides and controls it. To a psychologist the various stimuli which come to a boy as a formation are general terms, but to a phrenologist, believing, as he does, in the localization of the various functions of the brain and faculties of the mind, he can very clearly see that the child calls into play not only his will power and intellectual memory of what the various kinds of speech mean, but he further uses his concentration of mind or the element of Continuity.

We have said before that the mind does not act as a whole, and even scientists are proving every day that this is the case, and it is being clearly proved that the experimental side of phrenology is demonstrating what the empirical side discovered years before experiments were possible with electroids. We can train the will in two ways. By bodily exercises and mental influences, and out of the training of the will comes what we call the development of it, but we cannot develop a thing without first calling it into action. Motive, in short, is the desire which prompts or encourages volition.

*Digest of a chapter of a new work on "Practical Psychology," now in the press.

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This motive may be an impulse, an appetite, or an inclination, and the stimulus applied to a child varies in different children, for what will prove to be a stimulus to one child will not be the same incentive to another. Psychologists tell us that "Every child is endowed at the outset with a number of instinctive propensities which constitute the natural basis of volition," and which they call instinctive factors. Phrenology points out that a child is endowed with certain innate faculties, which constitute the natural basis of volition. Thus the will, in its turn will call out the exercise of Approbativeness, Self-esteem, Friendship, Firmness, Conscientiousness, and Causality, and, although psychologists fully rely on the fact that various nerve centers are developed in children as well as the imitative centers, they have yet to realize that there are certain mental localizations of ideation which are controlled by the will. Phrenology recognizes that will or volition, in its most essential element has the following function: It adapts man to control his various powers, while Self-esteem seeks to establish control, Approbativeness to make it popular, Conscientiousness to make it just, Firmness desires to make a thing permanent. The organ of Firmness, therefore, is averse to change. It resists influences that favor any desire of the mind to vary the purpose or desire which has been once formed. It is the faculty that gives fixity and steadfastness of mind. It gives perseverance, and perseverance is mentioned by psychologists under the heading of will. Although all the faculties may have it to a certain extent, yet if Firmness is not well developed, a person may be easily tempted and led astray, however good his intentions. There is a reliability about Firmness which is used in turn by all the faculties, which one cannot help but admire. To compare then the psychology of Dexter in three aspects, with deliberation of judgment, we have very clearly pointed out to us the faculties of Firmness, Cautiousness, and Causality, though this psychologist includes them all under the heading of will, and that the preliminary stage in resolution involves imagination and reflection. The reflection involves the judgment, and a desire or choice is made. Again Dexter follows closely to the phrenological document by saying that resolution is accompanied by Firmness and perseverance, and the interval between resolution and execution demands the existence of both, or there would be no execution. "They are essential for steady application and continued effort, and their absence indicates a deep will." We are gratified that this aspect of Firmness is so clearly defined. James, Sully, Ladd, and Bain have all written eloquently on the will, but none of these writers can explain to a teacher the natural obtuseness that keeps a child dumb when he is questioned, or which makes him show a lack of intellect, which handicaps him in the right interpretation of his lessons, or accounts for his apparent stupidity, the physical weakness which makes him shrink from anticipated or actual censure, the paralyzing effect of fear upon his thoughts and actions. All of these at times may stimulate the appearance of obstinacy, stubbornness, temper, or uncontrolled volition.

Exercises for April.

THE MOTIVE-VITAL TEMPERAMENT.

The exercises for the temperaments are evolutionary, in that they help to develop the various parts of the body and brain, and by careful understanding of the laws which govern our organizations a proper unfoldment of health and strength can be expected.

(*Continued on page 117.*)

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People of Note.

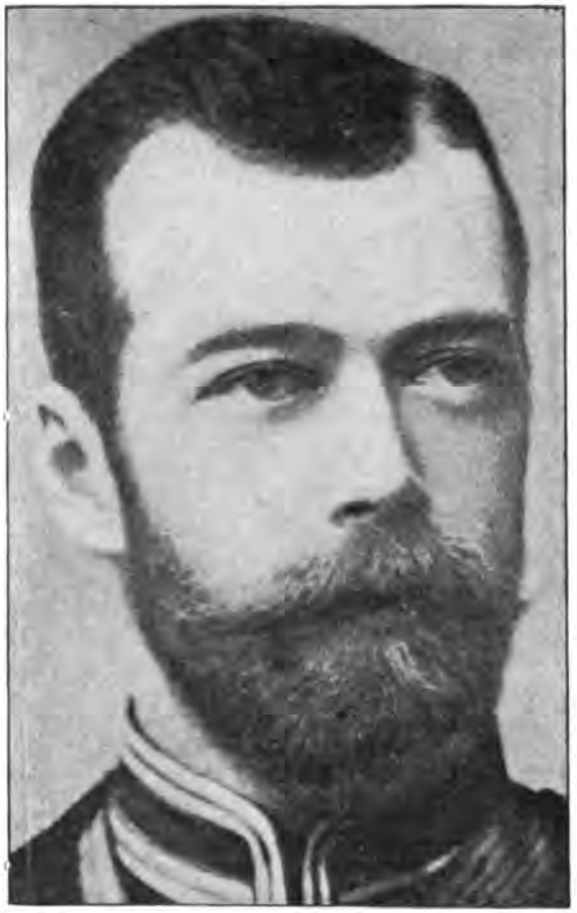
NICHOLAS II. AS EMPEROR OF RUSSIA AND PEACEMAKER.

A SYMPOSIUM:

By D. T. Elliott, of London, and J. M. Fitzgerald, of Chicago.

No. 1.

The Emperor of Russia possesses a type of organization and mental development that will at once pronounce him as a man of peace, with high aspirations, strong sympathies, and a love of justice. There appears to be an absence of such characteristics that give contention, harshness, or egotism; he is not of an overbearing spirit, but is more persuasive, genial, and pliable. His environment is not the most favorable for the display of these higher sentiments; although regarded as an autocrat he will to a very great extent be obliged to follow the dictates of his government. Were he a stronger man physically he would be able to insist upon the recognition of his own views and ideas, but he is very apt to acquiesce in the deliberations of his



NICHOLAS II., CZAR OF RUSSIA.

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counsellors when he should make a firm stand for his own views, hence he will be subjected to adverse criticisms from foreign people. His mental make-up indicates that he has a noble mind, but a delicate physique. He will be deservedly popular among his subjects and will be regarded as a just man who will be benevolently disposed toward his people. We regard him as being more or less handicapped and prevented from displaying the finer and higher feelings of his nature. He should have every credit for his noble stand for peace which he displayed in connection with the Hague conference.

No. 2.

In making a study of the photograph of Nicholas II. Emperor of Russia, one is struck with the fineness and delicacy of his personality. Evidently the mental element rules his character, his face and eyes are truly feminine, he looks anything but the autocratic ruler of the lives and fortunes of so many people and so vast a domain as Russia embraces.

He is essentially a peaceable man, there being very little of the executive or war spirit in his composition; this is due to a lack of Destructiveness and Combativeness rather than to a superior development of Benevolence. The latter faculty and also Human Nature are not strongly marked in his head, as is shown in the flatness of the head where the hair covers the upper central part of the forehead. He has very little insight into character, or in fathoming motives, purposes, etc., hence he has been blind as to the real situation in the Far East and has failed miserably to appreciate the temper, manly progressiveness, and patriotic spirit of the Japanese. He has enormous Cautiousness and Secretiveness, as is shown in the great fullness of the upper middle side head, and those faculties have permitted him to keep an open ear to unwise counsel, thus deceiving himself into the belief that Japan was only bluffing. With his weak Human Nature and enormous Caution he could not conceive of so small a power ever daring to singe the fur of the great Russian Bear. And now undoubtedly he is astounded and mortified at the initiative of his fearless opponents.

Nicholas II. is in an unhappy position, his blood and education are Russian and "the divine right" idea has placed him as ruler of his country, but he is not a warrior, nor was he strong enough to maintain peace when he had a golden opportunity.

THE UNSCRUPULOUS AMBITION OF RUSSIAN DESPOTS.

Editor Penny Press: In my teens, some seventy-five years ago, I studied Russian history, was convinced that the ambition of Peter the Great was to absorb all Asia and possibly all Europe, and had bequeathed his policy to his successors. Ever since I have watched with interest the development of that grasping policy. Russia owned Alaska, but having no desire for North American territory sold it to us and used the avails to aid her chronic poverty. When the victorious Japs were about to march on Pekin and establish a wise progressive government over China, Russia forbade, meaning in due time to rule China herself. When Japan proposed to take Port Arthur as compensation for her war expenses Russia forbade it and insisted on its evacuation, then quietly took possession herself. When the powers remonstrated the Russians' plea was Vladivostock, the eastern terminus of our Siberian railroad, is ice-blocked four months of the year, and we Russians must have an open port, so Russia holds Port Arthur still. Pretending friendship for China, Russia got permission to construct the Manchurian road and so aid Manchurian development. It constructed that road and under false pretenses fortified and garrisoned it. The powers protested and demanded the evacuation of Manchuria. Russia finally promised to withdraw on October 8, 1903. Instead of keeping her promise she holds it with ever increasing forces.

Pretending to want timber, she leased of Korea several square miles of timber-land with the privilege of shipment at a nearby harbor for twenty years. She cut timber, built block-houses and barracks, filled them with troops and commanded the Korean government to close the port and depend on Russian protection instead of that of Japan. These demands Korea refused, and the capital, Seoul, is now protected by Japanese

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soldiers. The Russians attacked these soldiers just two hours before the Japanese attacked the Russian fleet at Port Arthur. Russia meant to grasp Korea to fortify the narrow strait separating it from Japan and control Japan. It became a question of life and death to the Japanese government.

In 1870 the victorious Germans captured Paris and seized Alsace and Lorraine as their compensation for war expenses. Russia had been long uneasy at the presence of a host of German troops near her south frontier, so Russia and France have formed an alliance offensive and defensive as against all European aggressors. This treaty does not include Asia. The alliance has enabled Russia to borrow about $1,500,000,000 of the French, a very shrewd move on Russia's side. Should Asian or any other trouble drive France into an unfriendly attitude the Russians would not hesitate to repudiate the entire debt. The French are aware of this.

By solemn treaty Russia bound itself always to allow the Finns home rule and the use of their own language. They have broken this treaty, and the best of Finland's people are exiling themselves to escape such reckless tyranny.

We Americans mourn, but can bring no relief. Lately Persia has been financially straightened. Russia, professing friendship and sympathy, has loaned her $10,000,000 or more. Why? To have a pretext for intermeddling there. In our Civil War of 1861 Russia refused to grant the South belligerent rights, not because of any real friendship to us, for friendship between despotism and a republic is not possible, but because she would thwart the policy of the British rulers, which policy was to divide and rule us as far as possible. Henry Ward Beecher's eloquent appeals to the English people turned that dangerous tide in our favor. Of course Russians accuse us of ingratitude. The Czar is either the tool of his council or a very deft deceiver. While making the Siberian road money was very scarce, loans became almost impossible, yet the deficiency of his navy was most apparent. In order to arrest or retard the fleet-building of other nations the Czar proposed the Hague peace court. Apparently on purely philanthropic impulse, yet before the peace delegates met he is reported to have quietly contracted for $40,000,000 worth of war vessels. Recently the Russian government gave us a moderate surprise by removing the censorship from all outgoing telegrams from war correspondents. There may be a keen design hidden under this permission. A quiet record of the telegrams of each correspondent will soon show which of them must receive passports for home.

Secretary Hay has kindly sought to circumscribe the area of the war. Russia assents, but I fear the moment she sees an open door to Pekin, Korea, or India, she will enter under some pretext or other. We have begun to legislate for fortifying the Philippines. Is this wise? If the Japs conquer we can need no great outlay. If the Russians grasp Korea, Japan, and China, an attempt to hold the islands safely by means of fortresses, troops, and a fleet, would cost far more than the islands are or ever will be worth to us. The wise and economic way to protect the islands is for us to unite with England and Japan in saying to Russia, "Retire at once into Siberia and stay there, or we will compel you." Russia will obey, and England safely hold Hong Kong and India in peace. Now is the time for action. Delay may ruin all.

DANIEL H. CHASE.

Middletown, Conn., March 2d.

From our Oldest Subscriber.

THE SCIENCE OF HEALTH

News and Notes

By E. P. MILLER, M.D.

WHAT AMERICA SPENDS ANNUALLY FOR TOBACCO.

Statistics show that there is consumed in this country about 280,000,000 pounds of manufactured tobacco, 10,000,000,000 cigarettes and 7,000,000,000 cigars. The value of the tobacco smoked and chewed is more than $500,000,000; with the value of the cigarettes and cigars added the cost would be doubled. This is an enor-

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mous sum spent for the use of a poisonous weed, that causes disease, decay, and death.

DOES VACCINATION PREVENT SMALLPOX?

According to statements found in the March issue of Physical Culture, Dr. John E. Stanton, of the University of Pennsylvania, recently died of smallpox, after being vaccinated twenty-four times, and, in addition to that, had the vaccine virus injected into his tissues hypodermically in order to protect himself thoroughly against smallpox.

BEER-DRINKING GERMANS.

The imperial health officers of Germany have ascertained that it costs the people of that country $625,000,000 annually for alcoholic liquors, the largest portion of which is for beer. These officers are about to issue an enormous amount of educational pamphlets showing the injurious effects on the human system of alcoholic stimulants.

FASTING AS A REMEDIAL AGENT.

There is no doubt whatever but that ninety-nine out of one hundred cases of either acute or chronic disease would be greatly benefited by fasting from one day to a week or more. There are probably ten people who die from the effects of eating too much where one dies from starvation. All food eaten more than can be digested and assimilated has to be excreted as a foreign substance. This throws a great burden upon the heart, liver, kidneys, skin, and lungs. As a result, these organs are overworked, and heart failure, Bright's disease, diabetes, boils, carbuncles, and other skin eruptions, tumors, cancer, tuberculosis, pneumonia, bronchitis, and catarrh are brought on. Give all these organs a rest and breathe enough to oxidize the food in the system, and many diseases may thus be cured that will not be if the system is continually overtaxed and neglected.

CHERUBIMS AND FLAMING SWORD.

The last three verses of the third chapter of Genesis read as follows:

"And the Lord God said, Behold the man is become as one of us to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live forever:

"Therefore, the Lord God sent him forth from the garden of Eden, to till the ground from whence he was taken.

"So he drove out the man; and he placed at the east of the garden of Eden Cherubims and a flaming sword, which turned every way, to keep the way of the tree of life."

We have stated in former articles that the "firmament which divided the waters from the waters," which "God called Heaven," spoken of in the first chapter of Genesis, was the continent of America, and it is our belief that the garden of Eden, in which the tree of life above referred to was "caused to grow," was in this country, and that the cherubims and flaming sword that were placed to keep the way of the tree of life was Phrenology, the science of the brain and mind of man, and Electricity, the force or power which runs man's brain and body.

A clear and complete understanding of the science of living will solve the problem of life. Perfect obedience to the command of God as revealed in His Word will make humanity the "sons and daughters of God." And God will "dwell with them, and they shall be His people, and God himself shall be with them and be their God." Jesus Christ said: "The kingdom of God cometh not by observation; neither shall they say, lo here or lo there, for behold, the kingdom of God is within you."

Cherubim is the plural of cherub, and cherubims are the plural cheru-

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bim. A cherub is defined as an angelic being, the "winged head of a child, ranking next to seraphim in ecclesiastical hierarchy, and held to excel in knowledge, and typifies the presence and power of the Deity."

What can more accurately typify cherubims than the organs of the human brain? Every convolution of the brain is an organ of some faculty of the mind. In what part of man's organization are "God's image" and attributes more clearly reflected than in the brain. The brain is the organ of the mind and each portion of the brain has its own function to perform. Each convolution typifies a special cherub. Similarity of function in cherubs would constitute a cherubim. There are some forty or more cherubs in each hemisphere of the brain which would or could readily be divided into fourteen or more cherubims. The perceptive faculty, or its organs, form one pair of cherubims, the intellectual another, the moral another, the domestic another, the aspiring another, and the animal desires another. Tune, Time, Order, Color, Observation, Language, Causality, Comparison, Intuition, Ideality, Conscience, Firmness, Hope, Sublimity, Spirituality, etc., are cherubs of the highest order, and groups of them would form cherubims the like of those formed at each end of the Ark of the Covenant, which contained the original stones on which God had engraven the ten commandments given to Moses and the children of Israel on Mount Horeb. In Hebrews viii., 8, we find the following, which was foretold by Jeremiah: "Behold the days come, saith the Lord, when I will make a new covenant with the house of Israel and the house of Judah: not according to the covenant I made with their fathers in the day when I took them by the hand to lead them out of the land of Egypt; because they continued not in my covenant, and I regarded them not, saith the Lord. For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people: And they shall not teach every man his neighbor, and every man his brother, saying, Know the Lord: for all shall know me, from the least to the greatest."

(*To be continued.*)

EXERCISES FOR APRIL.

Continued from page 112.

With the vital temperament we have shown that certain qualities are stronger than others; and also with the mental and motive we have endeavored to impress a similar thought, although one exercise is not enough to carry out our full plan for the development of the body. We hope, however, to enlarge upon this point, so as to help our readers to realize the need of taking exercises based upon this idea. We now desire to give an exercise that will promote benefit to the person who possesses a motive-vital temperament, and trust the exercises that have preceded this have been well practiced, and we have no doubt as to the results.

(d) A man weighing one hundred and seventy-five pounds, height five feet ten inches, age fifty, circumference of head twenty-two and a half inches, and height fourteen and a half inches, and length from glabella to occiput fourteen inches.

(1) Heels firm, hips firm, or hands on hips, knees stiff, head erect, forward bend from the waist position. (2) Backward stretch, position. (3) To the right bend, position. (4) To the left bend, position.

Repeat from the commencement, with number one movement, until ninety-six counts have been reached. Rest five minutes. Repeat the above directions three times before going to rest.

A prize is offered to the one who has been the most faithful in carrying out these exercises for six months. Particulars to be sent in on July 1st, with

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a record of time spent on the exercises each month. Address, Editor Physical Exercise, PHRENOLOGICAL JOURNAL, 24 E. 22d Street, New York City.

CAPTAIN JACK MACDONALD.

TREATMENT OF INEBRIETY.

BY CHARLES H. SHEPARD, M.D.

The use of alcohol as a beverage has been productive of many conditions that militate against the well-being of society, and of the individual, while at the same time it is the prevailing opinion that desirable results are to be secured by its moderate use. Modern research, however, is fast showing the fallacy of this idea. One of the most untoward and far-reaching results of its common use is that of paralyzing the nerve-centers of the brain, thus destroying the will power of the individual and leaving him stranded in society as an inebriate. Coincident with reaching that stage he is a sufferer from an insidious form of disease, and, in order to relieve his unfortunate condition, as in the case of any other disease, we should study the cause, and thus be able to strike at the root of the trouble, although it is of infinitely more importance to prevent, rather than merely to cure disease.

It is a world-recognized fact that important social reforms can be wrought with comparative ease by judicious teaching of the vast army of school-children. In the struggle for and against alcohol the mightiest weapon will always be scientific investigation, which seeks to establish only facts. Much has been done and much more will be done in the large field of physical training of the young for the improved development of their bodies, as well as for the prevention of disease. The education of the young regarding the facts which modern research has demonstrated as to the action brought about by the use of alcohol, and all the other narcotics, will ultimately develop a community of total abstainers. But before that good time can be brought about, there is a large class of incompetents and degenerates of various grades to be cared for.

To meet the conditions of inebriety we must necessarily resort to those physical agencies that will secure harmony of action, or health to the body. We know too well the destructive action of alcohol, in whatever phase it may be presented, no matter how much diluted or disguised. The vital action aroused by the presence of alcohol in the system exhausts the nervous energies in the effort to dispose of the intruder, invariably weakening the powers of resistance, and leaving the individual open to morbific agencies. Herein also is a great fraud, for by the benumbing action of alcohol on the brain perception of its true condition is not recognized. Not alone are the disastrous effects apparent upon the living, but it reaches with appalling ferocity down to unborn generations. There is no physiological function to be benefited by the use of alcohol, nor is the use of any of the narcotics free from danger. Many of the popular sanitariums of our country do not use alcohol in any form in the treatment of their patients.

Notwithstanding the well-known deadly influence of alcohol, it dominates society, upheld by the strong force of commercialism, and by the large army of ignorance. Nor is the medical profession free from its thralldom, though there are many noble exceptions. It would take a long time to even enumerate the many phases of this hydra-headed monster, but one is in constant evidence: the inebriate, and the important question is, What shall be done with him? We know that in such cases the blood is loaded with impurities, and the liver, kidneys, and stomach are laboring under abnormal conditions; that the patient has lost control of his higher powers, that he needs friendly counsel, and absolute outside control, until his body has become purified from every trace

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of the poison, and his natural functions have regained their proper action.

A large element of time is required to bring about the change from a chronic abnormal state, to a healthful action, but wonderful results have been secured where a patient perseverance in such a course has been pursued. With health restored the morbid craving is gone, and the patient is fitted to enjoy and take an active part in the pleasure, business, and struggle of life.

This is no idle theory. It has been thoroughly demonstrated by many persons, notably by one of beloved memory, Dr. J. Edward Turner, who built the first inebriate asylum in the world. He first taught mankind that inebriety is a disease, and then practically showed how the inebriate should be dealt with, in the institution which he founded in 1864, at Binghamton, N. Y.

Inasmuch as the largest amount of disease proceeds from the stomach, it is the part of wisdom to inaugurate a system of diet that will furnish all the requisite nourishment without burdening the body with a quantity of debris that, to be disposed of, severely taxes the nervous energies of the patient. Dieting, and even fasting, has been found of great advantage, not alone in preventing disease, but also in relieving such chronic difficulties.

The power of simple baths to harmonize disturbed functions is becoming more and better understood, and great success has crowned all efforts in that direction. The hot-air bath stands pre-eminent among all other appliances for that purpose. One has but to glance at the records of any well-conducted Turkish bath establishment to be convinced of its wonderful power in the cure of disease. The use of this bath in cases of inebriety has been marked with great success, both in this country and in Great Britain.

It is a vastly better way to relieve disease by mild measures, rather than by drastic action, for, in the latter case, the nervous energies are overtaxed, and a long time is required for recovery, if perchance recovery is possible. What is called disease is but an effort of nature to restore normal conditions, and we have only to place the invalid in proper relation to nature's forces and harmony is quickly regained. For that reason we remove the cause of the inebriate's suffering by denying, not alone the alcohol, but all the narcotics, and at the same time placing him under suitable hygienic regulations to regain lost power.

In no way can we do more good to our fellow-men than by promulgating hygienic truths and popularizing the use of the Turkish bath. By so doing we shall gradually but surely elevate the health standard of the community, remove many conditions of disease, and diminish the number of inebriates.

HEALTH AND CIVILIZATION.

By JULIA COLMAN.

It is claimed by some that drink supplies an indispensable element of civilization; because, as they say, we find so much drink consumed by the leading civilized nations. That, however, is a sort of "post hoc-propter hoc" argument that we are not prepared to accept. The true foundations of civilization consist in an improved education, a spirit of liberty, and a practical Christianity. Queen Victoria's statement to the Abysinnian prince that Great Britain owes her leading position to the open Bible has many proofs.

A safe test is to ask if drink, under our own observation, civilizes or improves those who take it. Some of our own people drink much, some little, and others none at all. Comparing the first with the last of these classes, which shows marks of the highest civilization? This is not splitting hairs, but by comparing these extremes we see the manifest tendency. Every one of our readers knows that the drink barbarizes entire sections, especially in the larger

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cities, where it has sway over many drinkers drifted together, as in Whitechapel, the Five Points, and the Haymarket. Such sections would become as degraded as the most hopeless barbarians were it not for the reformatory efforts of non-drinkers in their vicinity. The individuals fished out of these slums are hopeless until they give up the drink.

How, then, do we account for the intimate association of drink with civilization? Simply thus: There are among all nations individuals prone to get money without labor. Among savages they do it by piracy, plunder, and highway robbery. Civilized people put themselves by mutual agreement under law and police protection; while some of the covetous characters, finding in the drink a ready-to-hand instrument for depriving their victims of such self-defense as may be furnished by health and brain and nerve power, they promote and popularize its use in a great variety of ways. In these days they also contrive laws to conceal or justify their trickery, and aid their purpose of getting the money of their victims without adequate returns. They take advantage of scientific discoveries and mechanical improvements to cheapen and adulterate their own productions, and also of the improved channels of commerce to rush their goods to all parts of the world. So it happens that they often appear in the opening of new avenues of trade like the forerunners of good under the protection of flags to which they bring only shame and disgrace. Hear what Mr. Schurman, of Cornell University, says, sent out by our President at the head of the commission to the Philippines: "I regret that the Americans allowed the saloon to get a foothold in the Islands." The Bishop of London, in 1889, says: "Trade is the basis of the civilization of the world, commerce is the interchange of all those varied blessings and comforts which God in his Providence has allowed to be created by the human race, and the consequent intercourse of mind with mind which from our very nature is the great means of elevating and purifying that nature."

But what has the trade in alcoholic liquors done toward civilizing darkest Africa? It has certainly been rushed with the most astonishing diligence. The importations of one year from the port of Bristol, Eng., were rum and gunpowder in twenty-five out of thirty cargoes. In another year (1884) there were imported into Africa from Great Britain, Germany, Portugal, and America 8,751,527 gallons of spirits, valued at $4,469,160. We need not doubt the assertion that there are myriads of black people in the heart of Africa whose only knowledge of the white man's civilization is summed up in the one word "gin," and the mischief it works; worse than the blackest horrors of African slavery, because the blacks become its willing slaves. An illustration came to us about a dozen years ago from the widow of President Roberts, of Liberia. A negro backwoodsman came to the door of her residence with wild fruits for sale. What would he take for them? Calico, corn-meal, sugar? "No, we want gin." "I have no gin. Gin is bad for you." "No, gin is good. Make me feel good!" There is the same old serpent's head with its lying tongue that shows up in this country. What do the traders themselves say about it? Mr. Betts, a trader on the West Coast, says: "I am not insensible to the evils this traffic works in these countries to commerce itself, and I regret it much . . . the liquor trade is certainly ruinous to commerce proper;" and he continues the trade only because "the people have become so demoralized that the traders cannot trade with them for anything else," which proves that the trader himself is demoralized.

(To be continued.)

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

SCHOLARLY.

By UNCLE JOE.

No. 623.—Robert J. Houghton, Minneapolis, Minn., age seven years.

This lad has a favorable organization for health, and has a fair balance between body and brain, but it will be noticed that his head is large for the width of his chest and the size of his neck; therefore it will be well for him to have considerable thought given to his health.

Phrenologically speaking, his head indicates several strong characteristics, which may be enumerated as follows:

The head appears to be quite high and broad across the front of the forehead. It will be noticed that there is



No. 623.—ROBERT J. HOUGHTON.

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no deficiency in the upper portion of the head. This lad will be a philosopher and reasoner, and wants his father to tell him the why and wherefore of everything. He is not content to be told that things will be explained to him later on, but he wants the reason right away. He is old for his age, and we judge that his parents were more matured when he was born than is ordinarily the case. Through the height of his head, the development of the intellect, and breadth of the head as well, we realize that he has more than ordinary capacity to mark out his own work, to think and plan and originate schemes of work.

He will not need to borrow ideas, for he will have more than he will be able to use in the ordinary sense of the term.

He will be a conscientious student, and his head is remarkably high in the organs of Conscientiousness, Firmness, Veneration, and Benevolence.

He has a very analytical mind. He is very quick to see if people carry out their arguments or not, and he will think that what applies to him will apply to other people as well.

He would make a very fine lawyer; in fact, he will be more than a lawyer. He will make a good judge, and he will often be referred to to decide important matters even if he does not take up the study of law. If he engages in this profession, however, he will be a very keen, sharp, intelligent, witty, analytical leader. No man will be able to get the better of him, for he will have his arguments cut and dried. He would bring the weak points, as well as the strong ones, before the judge and jury, and the judge would find that there was very little for the other side to say after that.

He will always be in the vanguard or ahead of everyone else, and he will have a scheme or plan of his own in whatever direction his mind eventually settles. He has a strong will of his own. His temper rises quickly, and he gets considerably heated when people do not keep their promises with him; in fact, he shows more temper through the inconsistency of others than almost in any other way.

He will be fond of fun, full of humor, and ready with a witty reply to everything that is said at the table or in his presence. It will be a noticeable feature in his character that he will turn things into rhyme.

He can be orderly, but it will be more through a matter of principle than through a desire to spend time in putting things away, but he must cultivate his Order.

Another thing he will have to cultivate is his perceptive mind.

He is a wide-awake lad. He is always on the go, and inclined to use his executive powers in superintending, guiding, and directing his mates than being led by others. It will not be surprising to find that the playthings that he has, the express cart, the engine, the soldiers, the books, and the tools that he uses, will all be brought into use when entertaining his little friends, and he will be the captain of "the gang." Others will follow his lead, because they see they cannot do better than he, nor so good. If an be educated, so that he will use his mental powers in the best possible way, largely, we should say, in professional ways.

(a) As an inventor or electrician.

(b) In law as an advocate or judge.

(c) In some philanthropic line of work, as a president of some Young Men's Christian Association movement, or more directly in a theological direction, but the latter must only come through a special calling and wish of his own.

(d) He will make a splendid physician, for his sympathies and influences will enable him to diagnose disease correctly. He will be respected and beloved by his fellows. As a specialist he would do well, or as a professor of medicine; as a writer on medical subjects he would influence his fellow professors.

He will write poetry, for his mind is full of it.

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Minneapolis, Minn.

Dear Professor:

The truthfulness of your remarks in the delineation of my little boy's head, which you made from his photograph, is so fully indorsed by his life that it may be interesting to you to know how some of the points have already come true. (1) You remarked that his parents must have been quite matured before he was born; this is the case, for Robert is our youngest child, and is considered the brightest one of the family. (2) You say he will be a leader among other boys. This is true, for he always takes the lead and directs his mates, and the boys call him "The boy with too much brain." He is always ready with an answer and sharp to see a point. (3) You say he shows more temper through the inconsistencies of people than in any other way. He has repeatedly proved this statement, and he makes everyone do as they agree when he's around. (4) You say he is not naturally orderly. This is true, for his mother has had great work to get him to put his things away, but he is improving in this direction. (5) You say he is able to reason things out like an older person. He is constantly doing this, and is very shrewd in supporting his arguments. (6) You say he is analytical. He shows this characteristic every day, by comparing and contrasting his work and his studies. He is witty, and makes lots of friends. If you care to use this letter you can do so, as it may help to convince others who have not had our experience.

Yours faithfully,

J. G. HOUGHTON.

HIGHER EDUCATION AND MOTHERHOOD. No. II.

BY MARY LOWE DICKINSON.

(*Continued from page 89.*)

"This eagerness does not, in either case, go far to prove that what they get at college fits them for the divine mission of motherhood better than could be done elsewhere, for much less depends upon the college than upon the girls. Their gain will be measured by their measure of intelligence, of pluck, of previous development, of faculty for genuine work. It depends, too, on their own conception of what the higher education ought to be expected to give to them. If we, against whom in our youth the college doors were barred, should be careful to estimate fairly the advantages of college training, all the more should these younger sisters, to whom all doors swing wide, enter the treasure-house of knowledge, well aware of what equipment they need and knowing how to use the supplies that lie on every hand.

"Whatever the college gives will fit the young woman for motherhood just so far as it trains all her faculties and makes them ready for her use in any other career. We send our boys to college that their mental powers may be disciplined to meet life's stress and strain, in whatever form it arises. Special training for special fields comes afterward when the field is chosen. Special training there ought to be for home life, for motherhood's responsibilities and cares; but no special training ever supplies the lack of disciplined mental powers. These the mother should possess without regard to what else may or may not be her preparation. Her mental training makes her mistress of her own forces. It gives her weapons into her own hands. It aids her to put on her armor, and when the time comes for the 'marching along' she is ready and brave, like a true Christian soldier, instead of undecided, empty-handed and weak. And, because, of all careers motherhood is the highest, how reasonable that for its sake the highest mental training should be given.

(*To be continued.*)

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THE RATIONALE OF PHRENOLOGY.

By Rev. F. W. Wilkinson, F.F.P.I.

(*Continued from page 91.*)

A lecture given before the Fowler Institute, London.

The great purpose of one's life is to gain complete self-control or self-mastery physically, mentally, and morally, and it is impossible to do this unless the person has a clear knowledge of his own power in these directions, and as far as I know, phrenology is the only science by which it is possible for an individual to come to this knowledge of himself. While there are the general divisions which deal with the moral, mental, and physical phases of one's being, and these can be generally outlined, yet it is wise to remember that the physical is the basis or foundation of the mental, and is taken up into it, and the mental and physical are taken up into the moral, and while such is the case, there is a combination of the three which in its fine issues and phases is only patent to the expert. While a general knowledge may give to one an easy method of reading the principal phases of character, yet its intricate and subtle phases can only be determined by minute study and good practice. It is in phrenology the same as any recognized science, its secrets and power and forces only reveal themselves to the painstaking investigator. And the more in earnest the student, the more diligently he investigates, the more fully will he be repaid for his labors. I say this because of the haste with which some desire to dispatch their study of the subject.

We do not judge by lumps, but by the length of brain fiber—and in order that you may understand this part of my address let me say that the brain is composed of cells and fibers. The cells are at the surface in cinerous or gray matter, and the fibers are the white matter, or, if you prefer, the mental telegraph wires which connect one part of the brain with the other and with the center of one's being, which I might call the threshold or floor of consciousness, for there is a center in the brain organization which might be named as above. I am not in a position to say where the center is, for, unfortunately, anatomy cannot in this case determine its position, as anatomy deals with the organization and composition of the brain, and of necessity its experiments and dissections, except in the case of the vivisection of animals, a practice which I loathe and abhor, are with dead matter, which, of course, cannot reveal to us the center or threshold of consciousness, and as our senses are deceptive, none being more so than feeling, which in its ultimate includes every sense which our word sensitiveness implies—we cannot by our senses determine its position. But as the center of association is said by anatomists to be in the interior of the brain, clustering around the medulla oblongata, we may, just as an illustration, come to the tentative conclusion that the center or threshold of consciousness may be even the medulla oblongata itself, and may there focus the whole of the impressions received from the four senses in the head as well as the general sense of feeling which pervades the whole body. Now, having thrown out the suggestion of the medulla oblongata or its immediate surrounding being the chief central exchange for all impressions, now let me deal with the cells of the cinerous or gray matter being the power or receptive center for impressions which are connected by the center of consciousness or the other part of the brain by the fibers which are the telegraph wires from one point to another, and as it is estimated that there are at least 300,000,000 brain cells having their varied connection we can very readily see what a complicated organ the brain is. It can also be readily seen that with such a complication of duties as to direct the functions of the body, the receiving of impressions from outside of the body, the receiving of internal impressions, the remitting of instructions and energy to the various parts of the body to avoid danger and to accomplish the purposes of the mind, the marshalling of the thoughts, and the coming to conclusions as to course of action, the determining factor of the individual in the ranging of all the impulses and feelings in the will as a general to carry out the purpose of the mind. For moral sovereignty, etc., there must of necessity be a division of labor, and there must also be a center for focusing results, as well as dispatching energy. If there is a division of labor, then of necessity comes localization, and here we deal with a phase of Phrenology which is often held up to ridicule and pooh-poohed as if it were hardly worth notice, and the reason is because those who pooh-pooh it have not given it that attention they should. It is very easy to ridicule a thing we don't understand, and it is a cheap way of getting out of a difficulty.

(*To be continued.*)

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MUSIC, ART, AND POETRY—PRODUCTS OF THE SUBJECTIVE MIND.

By J. THORNTON SIBLEY, M.D.

(*Continued from page 94.*)

The sublime working of the subjective mind is sometimes apt to lead into too great an admiration of its powers. The evils and disasters of subjective domination are well shown in the life of William Blake, the English artist and poet. This gifted scholar was eminent as each, and some of his conceptions possess a charm that cannot be described. He illustrated his poems with his own engravings, and the highest excellence was displayed in each. His early productions, "Songs of Innocence," are specimens of true poetry; and while they are highly subjective, and possess an indescribable charm, there is nothing in them, more than can be found in the works of other poets, to indicate that he was mentally unsound; but no one can read his later works, "Songs of Experience" and "Marriage of Heaven and Hell," without being driven to the conclusion that he was insane—in other words, that the subjective mind had usurped the throne. He allowed the objective faculties to lie in abeyance so much that he became irresponsible. His last works were the works of genius, but it was the genius of a madman.

Lord Macaulay once said that no man can be a poet or enjoy poetry without a certain unsoundness of mind. In other words, to be able to write poetry one must let the route to the source of inspiration and to the storehouse of memory be unobstructed, and he must leave ajar the portal to the seat of the emotions. This need not constitute an unsoundness of mind, but only a temporary condition of subjectivity, from which one may be aroused to full objective supremacy. A long-continued subjective state without objective relief is not without disastrous consequences; and when indulged in will lead to acts of thoughtlessness and carelessness, which are taken sometimes as marks of genius. What is termed the eccentricity of genius is not eccentricity at all. It is simply the acts of one who permits himself to be influenced by the many impressions that reach the subjective mind, and install themselves there as facts; thereby putting the objective faculties in temporary abeyance. While we cannot agree with Lord Macaulay that this condition is unsoundness of mind, it is a condition that cannot prevail for a great length of time uninterruptedly without producing unpleasant effects in a temporary derangement of the intellect.

The career of many of the great poets, notably Byron in England and Poe in America, has furnished us with striking examples of the power of the subjective mind when untrammeled by objective influences, and we marvel at its uniqueness of conception and its fruitful capacity. These men, though cultured and learned, could never have written such poetry had they not approached at times the border line of mental unsteadiness without crossing it. These are not isolated cases, for it may be put down as an axiom that the better the poetry the less objective and materialistic the author.

This temporary ascendency of the subjective mind is the rule with the true poet, and it is a noticeable fact that the poetry that lives is that which reaches the emotions, which are true products of the subjective mind. It is a well-known fact that many of the good poets have been addicted to the use of liquor or drugs. These things tend to dethrone the objective faculties, as evidence in the actions of persons who habitually use cocaine or morphine. With the dethronement of the objective mind comes an assertion of authority of the subjective filled with many peculiar and striking effects of auto and hetero suggestion. These suggestions in some persons are fanciful to a high degree, and under their influence subjective intelligence of a high order is often exhibited. This artificial means of inducing the subjective state has been recommended by some writers, and investigators of hypnotism, and is used by some practitioners of suggestive therapeutics in our own city; but it is a reprehensible practice, and should be condemned by all who abhor the distressing objective conditions that frequently grow out of the use even in moderation of such agents. (Case of advertiser.) Although Byron and Poe were thoroughly subjective when writing, there was always a compensating objective influence that made them men of good sense as well as men of genius, and no one ever accused either of being mentally unsound.

All poetry not emanating from the subjective mind is mechanical and soulless. It lives an ephemeral existence, sometimes a more or less popular one, but dies as soon as the scenes it describes or the events it commemorates no longer touch a sympathetic chord in the hearts of its readers.

(*To be continued.*)

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THE AMERICAN INSTITUTE OF PHRENOLOGY.

The March meeting in connection with the American Institute of Phrenology was held in the hall of the above Institute on the 1st at eight o'clock. Dr. Robert Walter, of Walter's Park, gave an able address on "The Exact Science of Health, Life's Great Law." Dr. Charles Wesley Brandenburg occupied the chair; and in appropriate words introduced the lecturer of the evening. He said in part: "It is a great pleasure to welcome among us one of the links in the chain that has so long upheld the Science of Life and Health, and one who was known to the founders of the American Institute of Phrenology. We welcome him also on account of his practical experience as a physician, and as a writer of valuable works on the subject that has brought us together to-night. I feel sure we shall spend a most profitable time together."



Photo. by Rockwood.

JOSEPH SALOMONSON, AS HE APPEARS TO-DAY.

Dr. Walter, in commencing his address, prefaced his remarks by saying that it was a pleasure to him to renew his acquaintanceship with the Fowler & Wells Co., and the Institute that had had so many illustrious workers connected with it. This evening recalled the time when he had met the Fowlers and Mr. Sizer when a young man some fifty years ago, and later when, as an invalid seeking health, he ran across some of the works of O. S. Fowler, who gave him hints on how to regain health. That was a start in a new direction, and ever since he had been endeavoring to teach "Life's Great Law, the Exact Science of Health." Science is built up on law, for science without law is a misnomer.

At the close of the lecture the chairman commented on a few of the salient points of the address, and then asked Miss Fowler to give a practical demonstration of Phrenology.

Miss Fowler said she would call upon Mr. Joseph Salomonson to step on the platform

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and to allow her to introduce him to the members and friends of the Institute. She had had the pleasure of examining his head in her private office, and found several very interesting features in his character. They are as follows:

You possess a remarkable organization for health, and are capable of generating an unusual degree of vitality. Nature gave you a good start to begin with, and you have evidently improved your opportunities for sustaining your constitutional strength. You should make an excellent advocate for the carrying out of common-sense principles in life. Your personality should influence others to abstain from the unnecessary restraints of conventional life, and speak volumes for a more simple mode of sustaining one's constitution. You should, therefore, be able to preach effectively the gospel of sanitation and right living. There are several points in your Phrenological developments that indicate what we now say concerning you. For instance:

There is great originality in your character, and you will show all through your life a singular power to work out your own ends. Your conscience and your reason work together; consequently you will not care so much what other men think or do, provided you have liberty to carry out your own views in life. Your moral brain, together with your intellectual capacity, invite your mind very strongly to live along intellectual lines, and your ability to think for yourself. Your progressive or reformatory spirit will always place you in the band of great thinkers.



Photo. by Rockwood.

JOSEPH SALOMONSON, AS HE APPEARS TO-DAY.

Your mind is largely nourished by the food you eat and the life you live. There is no chance for disease to get hold of you. Your circulation is perfect, and your general condition is far above the average; in fact, you have no adipose tissue to get in your way, and the physical fibers and the tone of your physical instincts help your mind to think clearly. Your intellect is an active one, and we should expect to find in your case power in several directions.

One is that you do not care to engage in small lines of work. You have large plans

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before you. You take in the whole world in your heart, or more scientifically speaking, into your interests. You would like to create new thoughts of life for the people you see around you. You would like to convince persons of their errors. Your philanthropic spirit enters into all you do. It makes you a Christ among men. It gives you a strong redeeming feature, which has all the reforms from early ages down to the present day.

We do not think you will be a man to live alone, but would rather be in touch with civilization, where you can handle or influence men.

It will take you many years to enlarge and unfold the many plans that you have in your mind's eye to do, and it will be necessary for you to be patient with people to enable them to see the advanced ideas you possess.

You ought to make an eloquent speaker, for you have two characteristics that always unite themselves in a foreible orator.

(1) One is that you are alive all over in the subject to which you give yourself.

(2) You have a power to condense what you have in mind to say in a few words; therefore you ought to be able to clinch the attention of others, and in ten minutes or a quarter of an hour you could say more than many persons who take three-quarters of an hour to explain what might have been said in ten minutes.

Continuity is a small organ in your head, but you are able to carry out a definite and prolonged line of thought, when you give yourself to any work, with considerable steadfastness, though continuity is constantly urging you on to new conquests, as Alexander said in regard to his work.

Were it not for your large Firmness you would dissipate your strength more than you do, and you would find yourself passing from one phase to another without following out any line of thought. As it is your active Firmness enables you to stick to a purpose, persevere with an object, or even overcome the greatest opposition.

You were born to exercise a decided influence over your fellow-men, and ought to carry out some fixed principles of thought.



Photo. by Rockwood.

JOSEPH SALOMONSON AS HE APPEARED AS A MEAT EATER.

You are an executive man, and do not mind how much labor you pass through or undertake, so long as you feel ready for the task. You ought to write out your thoughts one of these days, if you have not already begun to do so, for you have literary talent, and if you will get the help of a stenographer, you will be able to cover much ground, and condense your thought more quickly than as if you tried to elaborate your thoughts with your own labor.

You are a keen student of Human Nature. Your capacity to understand character is far above the average. You ought to be able to understand your fellow men quite well, and

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with Phrenology as a guide you will find that it will give you a basis for your sizing up of men, and in judging what their characteristics are, and when you trust to your intuitive judgment rather than to your sympathies, you will not make a mistake in your estimate of others.

Sublimity being so strongly developed, you cannot pin yourself down to a small program, and were you not healthy in organization and every fiber and nerve of your body, you would become worn out with the work you give yourself to do.

You are not wanting in ingenuity, and we judge that you will use your executive and ingenious qualities in working out new ideas rather than in a mechanical direction.

You like to perfect everything that you do. You like everything to be perfect of its kind. You like to deal with the best material, whatever it is. You hate shoddy from the bottom of your heart. Anything that is artificial has the same effect, and on this account you will be true to your principles and motives, and will endure everything that you realize is true. You are not carried away by large hopes, nor do you leave things for Providence to settle. You attend to your own business yourself.

The spark of Divinity in you is always burning, and it is a live ember. You could never feel very far from the Divinity that comes to you from a higher source; in fact, you are very conscious of superior help and guidance, and this helps you to be stronger in carrying out your views of life, for you realize that you have a Divine source to draw upon.

Benevolence, Conscientiousness, Firmness, and Causality are some of your strongest mental powers, and these united give you more than ordinary zest, earnestness, philanthropic spirit, intensity of mind, indomitable will, and persevering spirit, and ability to generate new thoughts and plans of work.

You cannot follow another master. You are your own guide, and while you are not proud or vain in spirit, yet you must be known for your great independence of thought, which predominates over your whole life.

One more feature of your character should be mentioned, and that is your friendliness toward others. You look upon mankind as belonging to one great family, and your fellow men as brothers. Friendship and Philoprogenitiveness give you, to a large extent, this element of friendliness, and you will always remain true to the friendships you have made; in fact, you have a constancy of attachment that does not allow you to forget the friendships you have formed in early life. You can adapt yourself to many phases of character, and when traveling you know how to make yourself at home, and make others feel at home with yourself.

Though you have your own methods of life you are not an imitator of your fellowmen. These are some of the salient points that you recognize in your character. We could go along and elaborate many points which your head indicates, but these will serve to show where the power of your character lies.

You should become a reformer in the truest sense of the term, and an organizer among men, a writer of original views, living out your own ideas.

She then asked Mr. Salomonson to explain some of his views concerning the best method of preserving health. He said in part as follows:

HOW TO LIVE ACCORDING TO NATURE.

Ladies and Gentlemen: I will ask you the question, What do we live for, and answer it by saying, Do we not desire to make the most of life, and in order to do so ought not our object to be to live as near to Nature as possible? This is my conception of our responsibility to our Creator. Up to within four years ago I used to enjoy what I considered then some very good things to eat, very good dinners, in fact, but at that time I had very little time to think, as I was a busy man, and ate all the things that were placed before me. I was then filling a position of merchant and consul in India. Since then, during the past four years, I have had time to think, and I thought I would try the system that I am about to explain to you. After a month's trial I was so much taken with the habits I had formed that I decided to continue them. When I went home to Holland a gentleman in Amsterdam said to me, "You are a vegetarian." I said "What is a vegetarian?" I found that the so-called vegetarian was one who abstained from eating meat. "Oh," said I to my friend, "I am no vegetarian, for I do not touch any animal products, such as milk, butter, or eggs, and prefer raw food. I do not take anything that pertains to the cow or sheep, while your vegetarian believes only that it is not right to kill."

I find that by taking the raw carrots, raw turnip, raw onions, and fruit, I now have no thirst, and I have come to believe that thirst is artificial, and that it only accompanies cooked food when salt is put into it, but the natural life does not demand drink. I have not drank any water, tea, coffee, or spirits of any kind, since September, 1901, when I was in Switzerland, and I find I have lost forty pounds, but have now a pure human body. A gentleman came to me who had been to many doctors who had failed to cure him. He said to me, "Can you do anything for me." I said, "I think I can help you if you are willing to do as I tell you." "Well," said he, "there is one thing you must not tell me to do, that is to give up meat." "Oh," I said, "if you wish to go on eating

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meat, you must go back to your doctors and your drugs. I cannot do anything for you."

All men are alike, and all sicknesses are alike, the only difference is in form. The hundred diseases come from the same source, a degenerate stomach, degenerate kidneys, degenerate liver, through thousands of years. Science does not know the needs of the natural man, because doctors have only had unnatural bodies to look at and examine inside and out. Degenerate, I say, through the eating of improper food. I could not be sick or have a fever, because I have not the conditions for fever to thrive in. I will tell you why: If you plant a banana or a cocoanut tree here you would get no bananas or cocoanuts, for the soil is not suitable. Sickness only comes where there is the proper soil for it.

Then there are social questions to consider. One should sleep on the ground, for the ground is much healthier than conventional beds. Of course I would not advise meat-eaters to begin at once to sleep on the ground, for they are not prepared for such a change.

I have a very different idea of happiness from what I had four years ago. Now I wear no stockings, no boots, no hats, no collars, no gloves. I never trouble a barber or a butcher, and $250 is sufficient for me to live on, for I wear very little clothing, and believe people injure themselves by carrying about so many garments.

HERE THE MEETING WAS THROWN OPEN TO QUESTIONS.

Dr. Walter asked: "How much life is there in the raw carrot? "I don't know exactly, for science does not know, but there is more than in the same proportion of meat, and it is purer. I have read recently that a German professor placed a high value on potatoes, while formerly we thought but little of them.

A lady asked: "Do you sleep on the ground when there is thirty degrees of frost?" "Oh, yes; but I would not advise any meat-eaters to follow my example, for they are not ready to do so."

One gentleman asked: "How many meals a day do you eat?" "Generally two, at eleven and six o'clock, but I never eat unless I feel to need food. As a rule, people eat too much, and do not give themselves time to digest what they eat. There is order in Nature, and I believe in following her as much as possible."

The next question was: "Do you eat nuts?" "Oh, yes, there is a great nourishment in nuts, and they are only indigestible when they are eaten after a heavy meal. They are a food in themselves."

"Do you get along without taking any water to drink?" "No, I need no water, the juice of fruit is all my system needs, water contains many impurities, so does a whisky soda."

"What do you feed a baby on," asked Mr. Streever. "The mother's milk is the best food for a baby, although it is liable to partake of the impurities of the mother's mode of eating. If the baby cannot be nourished on its mother's milk, the best thing to give it is the warm juice of boiled wheat, apples, etc.

Another question was: "Can you do a good day's work on the food you eat?" "Yes, I can work better on natural food than on what I used to eat. I sometimes eat steamed vegetables, but never put any salt in them; Nature has provided enough salt, without there being any necessity for the addition of any other. Mineral salt makes all the evils in the world. As a proof that men can work on the natural food, many laborers in my own country (Holland) live entirely upon it."

Dr. Brandenburg thanked the speakers for their addresses, and said he had followed out many of the suggestions just made, and could testify to the benefit of a natural diet. The broad head naturally cared for carnivorous, and the narrow head for herbivorous food. The Polar bear chose a very different diet from the bear in India, the latter living on fruit, the former on meat. The eyes of the fruit-eaters were much brighter than those of the meat-eaters.

The next lecture will be given on April 5th by Charles H. Shepard, M.D., whose subject will be "How to Reach the Century Marks."

Miss Fowler expects to examine some octogenarians. The chair will be taken by Dr. Brandenburg.

ONE LIFE.

MARGARET ISABEL COX.

The tidings glad of peace on earth;
The guiding star;
The morn of the dear Christ Child's birth
In days afar.

The God-Man's life; Gethsemane;
The Crucified;
The dark'ning hour of Calvary;
The Easter Tide.

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THE

Phrenological Journal

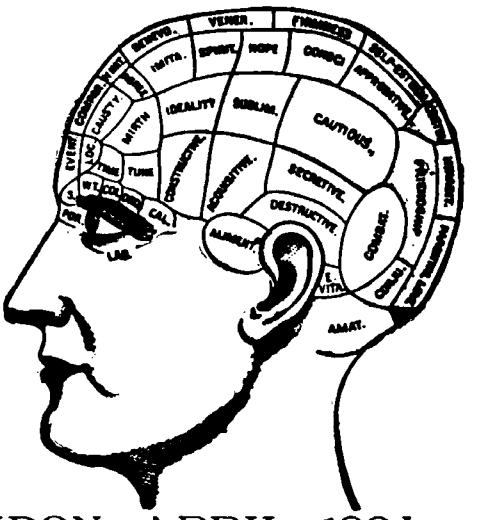
AND SCIENCE OF HEALTH.

(1838)

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(1880)



NEW YORK AND LONDON, APRIL, 1904

"Every man truly lives so long as he acts his nature, or some way makes good the faculties of himself."—SIR THOMAS BROWNE.

A SONG OF SPRING.

Blow, ye wild winds, over mountain and plain,
Still drawing closely their mantles of snow.
Bluebirds will soon be back with us again,
Rills will be leaping as onward they go.

Soon will the zephyrs o'er forest and field,
Showers and sunshine, and warm balmy air,
Make all their sere frosty fetters to yield,
And Mother Nature wear garments more fair.

S. E. BAKER.

THE BRAINS OF THE VAN WORMER BOYS.

The proportionate development of the brains of the Van Wormer boys is a Phrenological rather than a Psychological subject. Phrenology points out the criminal type of head and brain, and the Van Wormer boys, according to the description given by Dr. Spitzka, had broad heads and brains. Without perhaps knowing this fact, Dr. Spitzka (though not a Phrenologist has given strong evidence of a Phrenological nature when he said that "Willis, the eldest of the three, had become the weakest and lowest of them all; that he had been going back for years, as the post-mortem examination showed, and his unused intellectual faculties had been humored until his brain was less forceful and smaller than that of Frederick, who was six years his junior."

In the pictures of the brains, the anterior portion of Willis's is considerably more contracted than that of his two brothers, which would be what a Phrenologist would expect to find from the doctor's description.

Dr. Spitzka could have been helped by Phrenology in seeing that the breadth of the central lobe was remarkable. Dr. Spitzka, evidently, knows nothing about the localization of any criminal type, as he proceeds to say:

"As to what these brains show of the

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three individuals there is little to be said. The criminal type of brain has not yet been proved, and the assertions of Lombroso and Benedikt have been discredited long ago." This is where Dr. Spitzka could have used the comparative evidence of our most striking criminals in the last hundred years; but he has passed over the evidence on the width of the central lobe.

BATHS.

During the last ten years there has been a great increase in the erection of bath-houses in New York City alone. The first public bath was erected ten years ago at Centre Market. In the last ten years for a 5-cent fee, for which towels and soap were provided, there has been a deficit of only $10,000. This argues an average deficit of only $1,000 a year, but as a matter of fact while the first year's deficit was $2,300, that at least was only $200. The difference in the two sums shows the growth in the habit of bathing in that particular neighborhood. It is said that some patrons of the bath have been going there steadily for the last ten years. The Association for Improving the Condition of the Poor has been given a handsome new public bath-house by Mrs. A. A. Anderson, which is expected to be opened on the 1st of January. This bath-house cost the liberal sum of $140,000, and is probably the most complete building of the kind. It is finished in marble throughout, and supplies accommodations for 3,000 bathers daily. The ventilation is admirable and the ceilings high, the location selected is 337 East Thirty-eighth Street, near Second Avenue. Before this location was selected canvas was made, and it was found that between Thirty-third and Fiftieth Streets, east of Second Avenue, there were 11,000 families, or 50,000 individuals, living in houses which contained no bath-rooms whatever. The object of the Association, above mentioned, is not only to supply public baths, but to show how cheaply such a bath can be run after the initial expense with so slight a deficit of that one mentioned in Centre Market, namely $200 for last year, any such bath may be fairly expected to become self-supporting in time with a 5-cent fee. In fact, for two years during the ten the bath earned a few hundred dollars more than its expenses, which argues well for the people. It was largely due to the efforts of the above-named society that the first and as yet the only free bath provided by the City of New York was erected in Rivington Street. This bath had over 700,000 bathers last year. During the present administration the Association had a special committee at work, which submitted plans for public baths for New York, and asked for appropriations for thirty new baths. The administration adopted its plans and made appropriations for eight new baths. On three of these the city is now at work. One in 109th Street, near Second Avenue, one in Forty-first Street, near Ninth Avenue, and one in Allen Street. Sites for five others have been selected. The largest of these will be at the foot of East Twenty-third Street, which will cost $225,000.

Public opinion has changed considerably on the lines of hygiene, and we are glad to say that the PHRENOLOGICAL JOURNAL has stood firm for radical reforms in hygiene for over sixty years.

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REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

"Annual Report of the Department of the Interior, 1902, Washington, Government Printing Office." Vol. I. (Notice 3.)

We note further that there are certain periods of the school day when pupils, on the average, have a higher amount of energy than at other periods. That the stature of boys is greater than that of girls up to the age of eleven, when the girls surpass the boys and remain greater in stature up to the age of fourteen. After fourteen girls increase in stature very slowly and very slightly, while boys continue to increase rapidly until eighteen. That the weight of the girl surpasses that of the boy about a year older than her stature surpasses his and she manifests her superiority in weight to a later period of time than she manifests her superiority in height. In height girls surpass boys at the same age as in stature—namely, eleven years—but they maintain their superiority in this measurement for one year longer than they do in stature, which indicates that the more rapid growth of the boy, at this age, is in the lower extremities rather than in the trunk. That commencing at the age of thirteen, strength of grip in boys shows a marked accentuation in its rate of increase, and this increase continues as far as the observations extend—namely, to the age of twenty. In girls no such great acceleration in muscular strength at puberty occurs, and after sixteen there is little increase in strength of grip. The well-known muscular differentiation of the sexes practically begins at thirteen, that is with strength of grip so with endurance, as measured by the ergograph, boys surpass girls at all ages, and this differentiation becomes very marked after the age of fourteen, after which age girls increase in strength and endurance but very slightly, while after fourteen boys equalize almost exactly half of the total power in these two features which they equalize in the first twenty years of life. The development of vital capacity bears a striking resemblance to that of endurance, the curves represent the two being almost identical. These estimates are all very interesting, and bear out a very important differentiation between boys and girls at various periods of different physical and mental growth. With regard to the Child Study's Laboratory, it is stated that most of the Saturdays during the school year have been devoted to the examination of children brought to the laboratory by teachers and parents, and the report goes on to state that almost every wide-awake teacher meets with problems in the management of children in which more certain and definite knowledge of the child's condition will be of great assistance. At the Child Study Laboratory trained observations of children using instruments of precision can even quickly point out wherein a given child differs from the ordinary child. Where such a variation is evident, some régime may be suggested which will tend to correct the defect. Many children are misunderstood. Parents often have a very wrong estimate of how their child compares with others. Many of the children who are brought to the Laboratory as a result of a difference of opinion between parents and teachers in regard to the child's ability. Pupils from over sixty schools have sought the assistance of the Laboratory. The three hundred children brought to it during the past presented a great variety of problems. Many parents and teachers have brought children here to learn the nature and extent of their sensory defects. Very bright children have been brought to the Laboratory to determine whether the phenomenal progress which they have been making is at the expense of their physical well-being, and where this can be ascertained it is a step in the right direction, and one in which all parents should be interested. Principals have brought their own children to know how they compared with the average children of the same age, in order that these children, whom they know best of all, may form a basis for their estimate of other children. Children who have failed to make progress in certain studies were presented to determine what the physical or mental cause of their special deficiency might be. Peculiar children were brought to determine whether the work of the kindergarten or of the primary school would best answer their needs. Children with very defective sight were examined, and decision made as to whether the ordinary school or the department of the blind was best suited for them. Similar work was done with defective hearing. High-school pupils, in order that they might choose their course of study wisely, have sought advice as to whether certain deformities would prevent their passing a physical examination for entering a normal school.

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TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

H. A. N., Liverpool, England.—Possesses an active mental temperament; an aspiring mind, and a self-elevated disposition. He is very ambitious to excel, is precise, idealistic, intuitive, and critical. He is a man of peace, with strong sympathies, an active imagination, and a metaphysical type of mind. He will be interested in all subjects of an uncommon nature, and is very earnest and industrious to whatever he devotes his attention. He is cautious, thoughtful, and self-reliant; yet very sensitive, susceptible, and receptive. Resoluteness, perseverance, and independence are marked traits. He should diligently pursue his Phrenological studies, and embrace every opportunity for engaging in public work of a philanthropic nature.

J. J. E., Wales.—Possesses an active mental temperament; activity and energy will characterize him in all things, and he is best adapted for pursuit that will bring into play his keen discriminating and analytical powers. He is careful and thoughtful in his work, prompt in perception, and very observant of his surroundings. He is elaborate in thoughts and ideas, and his intuitive powers are very marked. He will appreciate an argument, and be very resolute in maintaining his principles and in defending what in his judgment is right. There is good degree of self-reliance in the character, and he is not liable to follow extremes. As a judge of character he would be reliable and unbiassed. He is a tactful man, and would be in his element in studying metaphysical subjects.

E. H. S., Gloucester.—Possesses an active mental temperament, a keen perceptive intellect, and keen critical acumen. He is characterized by energy, activity, self-reliance, and strong sympathies. He will be in his element when engaged in intellectual work, for he possesses a strongly inquiring mind and the disposition to investigate scientific subjects. He is admirably adapted for public work, and will be in his element in solving mental problems. He is far-seeing, analytical, and intuitive; he will make excellent use of his knowledge and will utilize his facts for practical purposes. His judgment is very good, and all his actions are directed by his conscientious principles. He will do well to work within the limits of his strength; he also should direct his energies to public work, for he is quite capable of clearly expressing his many thoughts and ideas. He has a keen insight into human nature, and is an excellent adviser, counsellor, and friend.

E. M. H., Long Branch City, N. J.—The photograph of this lady indicates that she has a well-balanced temperament, that her general vitality enables her to throw a healthy influence around her. She has quite a magnetic spirit in taking hold of any new enterprise, consequently she should be engaged in work that will elevate and tend to draw people to a higher and more useful life.

Her perceptive faculties make her a thoroughly practical woman. She sees the wants of others before they express any desire, and were she at the head of a large institution for boys, or were she married to a medical missionary, or were one herself, she would be in her element.

Circumstances should call her out to do executive work in life. She is quite intuitive, and is able to understand the characteristics of others. She has a ready mind to understand what is going on around her, yet has not a proud or vain spirit, though she is highly independent in character.

She should be appreciated by those around her, and allowed to have her full sweep to her desires, ambitions, and energies.

Her photograph indicates that she has excellent musical appreciation, and her temperamental conditions should fulfil the power to express music in a direct and almost heavenly way. She will use a large share of her mind in this line of work, if she takes it as a life-work, for her sympathies will draw out her moral sentiments, and were she to sing at a funeral persons would feel their load of sorrow elevated. She could do much good in this direction, and should be utilized as a soul saver.

FIELD NOTES.

Mr. J. M. Fitzgerald, of Chicago, was called to lecture on Phrenology in relation to the surgical case of Mr. Griesenbeck, and proved a great success and was well received by the students of Bennett's Medical College. Bishop Fallows was present and introduced the lecturer.

Mr. J. M. Fitzgerald writes:

Hugo Griesenbeck, of San Antonio, Texas. Paralyzed September 17, 1899; treated by three of New York's foremost neurologists;

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two of the greatest specialists at Hot Springs, Ark.; Dr. Erb, of Heidelberg; Dr. Jolly and Professor Oppenheim, of Berlin—all of the physicians claiming that he had syphilis. On Saturday, January 9, 1904, he was brought to me by Dr. Gordon G. Burdick (the noted X-Ray specialist and Surgeon of Chicago). I found two degrees of fever in cerebellum, one degree of fever in alimentives and perceptives; amative propensity uncontrollable; always hungry; wanted to see everything; asking more questions than any one could answer, and wanting to know everybody's name, business, etc.; had many other habits resulting from an over-active state of the faculties of the base of brain. Dr. Burdick took skiagraph of his head, which showed that the walls of the skull were a half inch in thickness, and that the entire upper volume of brain was without proper circulation. On Monday, January 11th, patient was operated upon at Mercy Hospital, the bone covering the faculties of Caution, Sublimity, Ideality, Hope, Spirituality, and part of Imitation was removed on right side of head. Patient remained in hospital two weeks, after which he came under my care for phrenological suggestion and physical culture, visited me at my office for an hour, morning and evening. At first had very little voluntary attention or definite control over movements; gradually gained strength so that he could walk from five to eight miles per day, figuring became play, and could write as fine a letter as before being paralyzed. After the operation he did not need anyone's attention on the street—had complete control of himself, going wherever he pleased and attending to his business affairs as of old. He remained with me four weeks, returning home Monday, February 22d, to assume control of his cotton business.

I should have stated that the patient had been kicked by a bronco pony when about sixteen years old at the point where operation had been performed, and that injury had turned the flow of blood from the meningeal veins into diploë veins, thus causing an abnormal growth of bone between the plates of the skull, the growth being twice the thickness of the normal skull, resulting in the brain mass being compressed from above and on both sides—front and back. At time of operation there was no pulse in the upper brain discernable.

J. M. Fitzgerald.

Professor G. Cozens has been lecturing in Brandon and other towns in Manitoba this winter, but finds the weather almost too cold for his work, it being between 40 and 50 below zero for weeks together. Nevertheless, he is having good patronage.

V. W., Cleveland.—The reason why people consider mathematicians have the strongest brains is simply because people have a wrong way of estimating brains. A mathematician's brain is valuable to him in proportion as he does a certain kind of work. A scientist's brain is valuable to him according to the work he does. An artist's brain is valuable to him according to the work he does. A mathematician has large Causality, and that faculty is a useful one to possess if one knows what to do with it, but other faculties that are equally valuable.

A. E. G., Evansville, Ind.—A clairvoyant can see and interpret most of the things you ask about. Such persons claim to have double vision and are able to understand dreams in a remarkable way.

A. S. T., La Harpe, Ill.—The physical indications of a well-balanced temperament are found in the regular features, fine chest, firm muscles, and well-regulated brain. We are glad you, among other readers, have been pleased with Rev. C. E. MacGuines's article on Moses, and others by Dr. Miller and Fitzgerald, etc.

The "Williamstown Times," Pa., for March 11, announces that Professor Hummel, graduate of the American Institute of Phrenology, 1876, lectured in the High School room Thursday evening on "Mental Science," Friday evening on "Moral Philosophy," and Monday evening on "Love, Courtship and Marriage," or how to marry and stay married. Scientific marriages at the close. He comes recommended by the leading clergymen, lawyers, doctors, and educators of the country, and gave a very successful and well-attended course of lectures here twenty-four years ago.

The "Elizabethville Echo," Pa., for February 26, announces that Professor L. Hummel, the phrenologist, is delivering a course of interesting and instructive lectures in the school auditorium this week. He is greeted each night with a crowded house, and is kept quite busy during the daylight hours with private examinations. The professor has one of the finest outfits in the world for his line of work.

THE FOWLER INSTITUTE EXAMINATION REPORT.

At the January examination the results were: Mr. W. M. Cassidy, diploma, with honors; Miss E. Horsfield, diploma; Mr. T. Finch, certificate.

We offer the above graduates our hearty congratulations and trust they will honor the new responsibilities they have gained.

THE FOWLER INSTITUTE.

At the monthly meeting, held on February 3d, an excellent lecture was given by Mr. James Webb, of Leyton. His subject was Bastian's "Psychology and Phrenology." His able criticisms of this work were greatly appreciated by the members and friends present. The lecturer very clearly showed

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that Bastian was not acquainted with the principles of Phrenology as laid down by Drs. Gall and Spurzheim, hence his unjust criticisms of the science of Phrenology. Mr. Webb strongly advised the audience to read "Bastion," for his work is a type of those who write against Phrenology without first taking the trouble to understand its principles. A short discussion followed, in which Mr. W. J. Williamson, chairman of the meeting, and Mr. Elliott took part. Mr. Webb kindly gave a public delineation. Votes of thanks brought the meeting to a close.

Several fellows of the Fowler Institute have been engaged in bazaar work and lecturing, notably, Mrs. Willis, of Ramsgate, Miss Higgs, Mr. A. Dayes, Mr. F. Cribb, and Mr. John Asals. Several of our provincial students have also been similarly employed.

MARRIAGE OF MR. R. J. EAGLE.

In January last, at Thornham, in Norfolk, Mr. Reuben John Eagle, of Greyhound-road, Kensal Rise, a prospective candidate for County Council honors, was married to Miss Annie Gertrude Campbell, elder daughter of the late Mr. William Campbell, of St. Ives, Hunts, and niece of Messrs. F. and T. Wells, of Kimberley, South Africa. The bride, who was attired in a dress of dove colored cloth and wreath of orange blossoms and veil, carried a magnificent bouquet of Maréchal Neil roses. She was given away by Mr. Thomas R. Eagle, brother of the bridegroom. There were four bridesmaids—Miss Eagle, Miss Bessie Billman, Miss Gertrude Cooper, and Miss Ivy Helsdon. The Rev. W. H. Walter, the Vicar of Thornham, who performed the marriage ceremony, gave a very earnest address to the newly married couple at the close of the service.

We congratulate the happy pair on their marriage. As a graduate of the Fowler Institute we have had many opportunities of judging of Mr. Eagle's earnestness as a student of Phrenology and sincerity as a man.

On March 2d Mr. F. Cribb gave an address before the Fowler Institute and greatly interested the members. Mr. D. T. Elliott gave some good readings of character at the close of the lecture. On April 6th Mr. J. S. Brunning was the lecturer for the evening. The lecture was well attended and was evidently enjoyed by all present, and the delineations of character at the close by Mr. D. T. Elliott were highly appreciated by all present.

THE AMERICAN INSTITUTE, NEW YORK.

Wednesday Lenten Talks were continued during March on "The Psychology of Child Life." The one March 2d was on the important subject of "Scientific Measurements." Mrs. Almon Henseley, president of the Club for the Study of Life, and Miss Jessie Ashley, counselor-of-law and sister of Dean Ashley, of the New York University, were guests of honor and joined in the discussion at the close. March 9th the subject was on the "Right Understanding of Children's Minds, and the Punishments Necessary for Children—Corporeal or Otherwise." Miss Fallows, daughter of Bishop Fallows, of Chicago, was the guest of honor.

In February at the Ruskin and Browning talks, Rev. Arthur Jamieson was the guest of honor and discussed interestingly at the close the various points of personal help that these writers were to him. Ladies and gentlemen are invited to attend these talks.

By special request, Dr. Charles H. Shepard is to lecture on April 5th (Tuesday) before the American Institute of Phrenology on the subject, "How to Reach the Century Mark." As there is such a wide interest today in the subject of longevity, we look forward with great pleasure to the discussion of this question. Dr. C. W. Brandenburg will take the chair, and Miss Fowler expects to examine the phrenological developments of several octogenarians.

We are sure we voice the thoughts of all the professors and classmates of 1884 when we extend to Dr. W. G. Alexander, of Winnipeg, our deepest sympathy in the terrible calamity that has befallen him, through the loss of his wife and two children, who were killed in the recent Chicago fire. We are conscious that no words can explain the experience he has passed through during the past few weeks, but we are gratified to learn that he has not lost heart, hope or consolation in the grand and uplifting work in which he is engaged and in which he purposes continuing. May time lighten his bereavement, and a consciousness of the ever-abiding presence of his Divine Father help him to carry his burden with fortitude!

A call from Mr. William J. Trunk, class of '99, cheered us during March.

George Morris writes: "I gave fifteen lectures in Glenwood, and did very well. This is a town of 3,000. I give my first lecture in this town, Alexandria, Minn., to-night, February 18th. I lectured here six years ago and twenty-three years ago."

Situated in a lovely spot of the North Water Gap, Monroe Co., Pa., is Dr. F. Wilson Hurd's sanitarium. No healthier place near the Delaware Water Gap could be found. Dr. Hurd is ably assisted by his daughter, Dr. Fannie Brown, and other efficient medical help. When making a tour of various sanitariums during the summer do not forget to arrange to spend a month here.

H. D. McDowell is located in Authon, Parker Co., Tex., where he is giving delineations of character.

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FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of **FOWLER & WELLS CO.**

THE SUBSCRIPTION PRICE of the PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE is $1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to Fowler & Wells Co., and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the PHRENOLOGICAL JOURNAL and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Human Nature"—San Francisco.—The able editor of this journal has recently had the opportunity of examining Mr. J. W. Colville, the popular lecturer. On the outside page a portrait and short sketch are given of this well-known gentleman. In another part of the paper "The Organic Mind" is discussed by Frank Reed; "Nature is not Cruel" is an article by C. P. Holt. We cannot tell our readers all the good things in the journal, but we would advise them to read them for themselves.

"Mind"—New York—has changed its size and its print, as well as its outside cover. This journal is edited by Charles Brodie Patterson, and in the March number it contains an article on "The Mind and its Functions," by Morton F. W. Hazeldine, and an article on "The Result of a Thought," by L. Wayland Easterbrook, is another article of considerable moment.

"The Popular Phrenologist"—London—contains a delineation of W. T. Stead by Mr. A. Hubert. "Phrenology and Education" is an article by Mr. James Webb, "Anatomy and Physiology of Man," by Dr. Withinshaw, among other interesting articles.

"The American Medical Journal" — St. Louis.—In a recent number "The Chest Bandage in Pneumonia" was discussed by W. Leister, M.D., and "The Microbe: Result, Not Cause of Disease," by E. D. Pennington, M.D., is an original article of more than ordinary moment.

"Human Culture" — Chicago — contains some interesting articles on Phrenology from its various aspects. It is a journal devoted to human culture, and includes "Human Nature," "Human Science," "Human Health," "Human Progress," and "Human Success." It is edited by Mrs. L. A. Vaught.

"New Thought" — March — New York—contains some bright articles by Ella Wheeler Wilcox, William Walker Atkinson, Elizabeth Towne, and Sidney Flower.

"Pacific Medical Journal"—New York—is a valuable monthly; contains an article on "Some Medico-Legal Facts in the Practice of Hypnotism," by William Lee Howard, Baltimore, and is the opening article. "True Food Values" is the title of another article.

"The Bookkeeper and Business Man's Magazine"—New York—contains a fine article on business men in China, called "Chinese Statesmen and Chinese Tradesmen," by Wharton Barker. The magazine continues to improve its various departments of interest, the paper is fine and high-class, and the thought expended on their articles shows no pains are being spared to increase its popularity.

"Home and Farm"—Western Edition—has always some good things in it for those who are interested in their gardens and the cultivation of small farms.

"The Club Woman"—March—New York—carries a violet cover with Easter lilies on the outside, while inside we find many beautiful portraits of ladies interested in fashionable life and clubdom. Its chief ar-

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ticles are "Fashionable Life Versus Motherhood," "The Evolution of a Great Artiste," and "An Essential Forward Step."

"The American Monthly and Review of Reviews" for March contains an article on Japan and Russia, fully illustrated. Other important articles grace its pages.

"Suggestion"—Chicago—contains an article on "The Influence of Early Auto-Suggestion on the Formation of Character," by Herbert A. Parkyn, M.D., C.M., Editor, among other interesting articles.

"Medical Talk for the Home"—Columbus, O.—This magazine aims at giving short articles in a readable form. There's something for everyone. "The Mother as Head of the Family," by Rebecca J. Riggs, is an interesting one to home-makers.

"The National Printer Journalist" is a magazine prepared to show different types of journalistic work, and should be of some special interest to many of our publishing firms.

"Wings"—London—contains an excellent article on "The Temperance Movement—The Situation," by Mr. John Hilton. The article is illustrated with a portrait of this well-known temperance worker. This magazine keeps up its reputation for its condensed news and its valuable temperance literature.

"The Hospital" — London — contains as usual much that is interesting to nurses, professional people, and even lay men and women. The hints given with regard to "Fevers" and "Hospital Clinics and Medical Progress" are valuable to all alike.

"The Massachusetts Ploughman"—Boston —continues to illustrate its pages with some beautiful specimens of flowers, also some agricultural exhibits, as well as the portrait of the President of the Elgin Board of Trade, Illinois, the world's greatest butter producing district.

"The Literary Digest"—New York—contains, in a recent March number, "Experiences of Japan and America of Torpedo-boats" and "Progress of Christianity in Japan," and a new portrait of Cardinal Gibbons, among other interesting articles and illustrations.

"The School Psysiology Journal"—Boston —is calculated to do a vast amount of good in our schools. A recent number contained an able article by Mrs. Mary H. Hunt, on "The March of Progress, or What Scientific Temperance Instruction in the Schools Has Helped to do for Our Country."

"The Northwestern Anthropologist"—Augusta, Wis.—edited by W. H. Drowatzky, and "Mind and Body"—Melbourne, Australia—edited by Mr. Cross, have just come to hand, on going to press.



PUBLISHERS' DEPARTMENT.

SYNOPSIS OF CONSTITUTION OF THE UNIVERSAL IMPROVEMENT SOCIETY.

OBJECTS.

1. To conduct a thorough and systematic investigation of the causes of all kinds of human suffering, sorrow, disease, want, despondency, immorality, vice, and crime; to devise and apply practical means, as far as possible, for the relief and prevention of these evils, and to promote human happiness in its truest and broadest sense in every possible way.

2. To publish or cause to be published, and sell or otherwise distribute or assist in distributing books, periodicals, and other literature, and cause public lectures to be delivered for the purpose of disseminating as widely as possible various kinds of useful knowledge, and especially knowledge concerning the natural laws which relate to life, health, and happiness.

3. To establish and maintain or assist in maintaining any or all kinds of institutions which shall facilitate the promotion of health, intelligence, culture, and general happiness, and especially institutions where the natural laws relating to the physical, intellectual, and moral development of man, and the principles of political and domestic economy shall be taught.

4. To exert all possible influence for the promotion of universal peace and harmony among all individuals and classes of individuals, and to endeavor to co-operate with all organizations and institutions whose purpose is to improve mankind, but to remain forever strictly non-sectarian and non-partisan in its principles.

MOTTO: Our field, the world; our cause, human happiness; our standard, truth; our weapon, reason; our tactics, love and kindness; our leader, science; our allies, light and hope; our enemies, darkness and despair.

DECLARATION OF PRINCIPLES.

1. The attainment of true happiness is the sole object and purpose of all conscious life.

2. Man's truest and highest happiness depends primarily and solely upon bringing all parts of his nature into harmonious relations with each other and into conformity with the natural and divine laws, to whose operation he is subject regardless of his knowledge, ignorance, or belief.

3. The true and sole function of man's intellect is to understand his own self and his true relations to external objects and beings and to the Supreme Being, and to acquire such knowledge as shall enable him to fulfill these relations.

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4. It is natural and right that man should believe some things which he does not positively know or fully understand. But he should endeavor, as far as possible, to test his belief, to see whether it is true or false, by comparing it with all the positive knowledge which he possesses; for the more thorough the investigation the more clearly will truth be shown to be true, and falsehood to be false.

5. Whatever ethical or religious system, whatever political or economic principle, whatever educational method or device, whatever healing art—in short, whatever system, principle, doctrine, or institution is adapted to the constitution of human nature and in harmony with the natural and divine laws, is true, and therefore right. And whatever is not adapted to man's nature, and does not harmonize with these laws, is false, and therefore wrong.

ORGANIZATION.

Head office at Seattle, Wash. Local Chapters may be formed anywhere.

Supreme governing body, known as General Assembly, consists of the incorporators of the Society and delegates from Local Chapters.

OFFICERS AND TRUSTEES.

President, Vice-President, Secretary, Treasurer, and five Trustees, elected by General Assembly.

Work systematically classified into departments, each under the supervision of a thoroughly competent person who understands human nature, and is a specialist in his particular line.

Heads of all departments confer together as to ways and means for making the work of all departments more effective.

ADVANTAGES OF THIS SOCIETY.

1. Membership not restricted to adherents to any particular political or religious belief.

2. Methods of work purely scientific.

3. As the membership is free, the poorest as well as the richest may work in the Society.

4. Not organized for individual profit, but solely for the good of humanity.

George M. Wolfe, President.

The following books have been received for review:

"The Analysis of Memory," by R. W. Smith, price, $1.00.

"Report of the Commissioner of Education," Vol. II, Department of Interior, Washington, D. C.

"Psychology, the Cultivation of the Mind and Will," by Frank H. Randall, price, $1.25.

WHAT THEY SAY.

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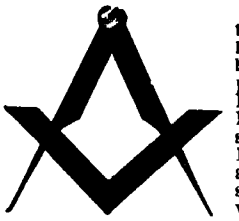
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Vol. 117 Number 5

THE PHRENOLOGICAL JOURNAL

AND

SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

PHRENOLOGICAL MAGAZINE (1880)

Leading Features Of this Number

A CHARACTER SKETCH OF THE EMPEROR OF JAPAN
Illustrated

THE JAPANESE
Illustrated

THE RUSSIANS AND JAPANESE
Illustrated

PROGRESSIVE EDUCATION IN SCHOOLS

A PERSONAL APPRECIATION OF J. WILLIAMS BENN, CHAIRMAN OF THE LONDON COUNTY COUNCIL
Illustrated

MAY, 1904



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AN INTERNATIONAL MAGAZINE ON MENTAL SCIENCE, HEALTH, AND HYGIENE

CONTENTS FOR MAY, 1904

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		PAGE
I.	**A Character Sketch of the Emperor of Japan.** Illustrated. By J. A. Fowler	137
II.	**The Japanese.** Illustrated. By J. M. Fitzgerald	140
III.	**The Russians and Japanese Compared.** Illustrated. By J. A. Fowler	141
IV.	**The Utility of Phrenology in Education.** By M. Tope	142
V.	**Practical Psychology.** Imagination	144
VI.	**Exercises for May.** The Motive-Mental Temperament. By Captain Jack MacDonald	145
VII.	**People of Note.** Character Sketch of Mr. J. W. Benn. By D. T. Elliott. Illustrated	146
VIII.	**The Science of Health.** News and Notes. By E. P. Miller, M.D. Polluted Water Causing Typhoid Fever. Hot Water for Ivy Poisoning. Cherubims and Flaming Sword	147
IX.	**Health and Civilization.** By Julia Colman	149
X.	**The Psychology of Childhood.** Sylvia Lund Becker. By Uncle Joe	150
XI.	**Higher Education and Motherhood.** By Mary Lowe Dickinson	151
XII.	**Music, Art, and Poetry—Products of the Subjective Mind.** By J. Thornton Sibley, M.D.	152
XIII.	**The Rationale of Phrenology.** By Rev. F. W. Wilkinson, F.F.P.I.	154
XIV.	**The Exact Science of Health.** By Robert Walter, M.D.	156
XV.	**The American Institute of Phrenology and Delineation of the late George Francis Train.** Illustrated	157
XVI.	**Editorials.** Phrenology and Mental Derangement. President Eliot at Seventy. Gathering Flowers, a Poem. By S. E. Baker	165
XVII.	**Reviews**	167
XVIII.	**To New Subscribers**	167
XIX.	**The Fowler Institute**	168
XX.	**Field Notes**	168
XXI.	**Our Correspondents**	169
XXII.	**The Faculties.** Poem. By Margaret Isabel Cox	169
XXIII.	**Sense and Nonsense**	170

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A Character Sketch of the Emperor of Japan.

BY J. A. FOWLER.

The Emperor of Japan is not merely respected, but loved with a reverence that is not received by the ruler of any other country. The same deep affection for him is held by every Japanese at home and abroad, and he has under his command 45,000,000 willing souls. Yet he is not an absolute, despotic



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THE EMPEROR OF JAPAN.

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monarch whose mandates are fearfully obeyed, for the sentiments of his subjects toward him are those of the deepest filial devotion; so that, although there exists no tangible law, either political or moral, to bind his people to him, every Japanese is perfectly willing to sacrifice his life to defend his person.

The Emperor, to whom the Japanese are bound by no law except this filial attachment, in turn regards his people with no less affection. So he says in the Imperial edict on Education:

"Our ancestors founded the State on a vast basis while their virtues were deeply implanted; and our subjects, by their unanimity in their great loyalty and filial affections, have in all ages shown them in perfection. Such is the essential beauty of our national polity, and such, too, is the true spring of our educational system. You, our beloved subjects, be filial to your parents, affectionate to your brothers, be loving husbands and wives, and truthful to your friends. Conduct yourselves with modesty, and be benevolent to all. *Develop your intellectual faculties and perfect your moral powers by gaining knowledge and by acquiring a profession.* Further, promote the public interests and advance the public affairs; ever respect the national constitution and obey the laws of the country; and, in case of emergency, courageously sacrifice yourselves to the public good. Thus offer every support to our Imperial dynasty, which shall be as lasting as the universe. You will then not only be our most loyal subjects, but will be enabled to exhibit the noble character of your ancestors.



THE EMPRESS OF JAPAN.

"Such are the testaments left us by our ancestors which must be observed alike by their descendants and sub-

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jects. These precepts are perfect throughout all ages and of universal application. It is our desire to bear them in our heart in common with you, our subjects, to the end that we may constantly possess these virtues."

The Japanese love their Emperor, and so they love their country. The Emperor portrait shows him to be a man d'affaires, one whose perceptive faculties make him keenly alive to the immediate needs of his people, and his spontaneity is owing to the educational impetus given to them; and that they are using their intellectual faculties in gaining knowledge, just as at one time they devoted their talents largely to architecture, to carving and art. Their country is to-day full of picturesque exhibitions of their artistic faculties, but now that the Japanese have found new ways to educate themselves, they are entering the professions of law, medicine, mechanics,



MARQUIS ITO.

Famous in War and Finance.

large Causality enables him to lay extensive plans, to reason closely on the facts before him. He possesses a distinctly developed Motive-Mental Temperament—is not afraid of hardship; and is remarkably enduring and intuitive, as well as aggressive in his work.

Of the Japanese who have enabled us to examine their craniums we find that there is more fullness in the front of the ear than behind it; that their and finance. Only the other day at the Post-Graduate Hospital I noticed a Japanese student of medicine who came into the room to say good-by to the professors. He was going to Japan to serve in the army. His head indicated what we have just said. In the early part of 1903 we examined one of the richest merchants in Japan. His measurements were: 22¼ inches circumference of head, 14½ inches in height, 14 inches in length, weight 115

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VISCOUNT ITO,

Chief of Japanese Naval Staff.

pounds, height 5 feet 2½ inches, age thirty-seven.

The Russian's size of head is somewhat larger than the above measurement, and he pulls down the scale at 160 to 170 pounds, and his height is 5 feet 11 inches to 6 feet, and the *relative* proportions must be taken into account. The large brain and the large body are slower to work, but when they get to work they can endure more and keep at it longer.

The Empress of Japan is a lady of considerable refinement, taste, and practical judgment. She, like the Emperor, is endowed with energy and executive power, and is full of the aggressive spirit of the age.

THE JAPANESE.

By J. M. Fitzgerald.

It has been my pleasure to have examined the heads of quite a number of Japanese, several of whom were officials of the Japanese Government. They have heads measuring 22 and 22½ inches in circumference, all of which were enormously developed in Combativeness, Destructiveness, Vitativeness, Firmness, Social faculties, and fine Intellectual faculties. They possess moderate development of Caution, the idea of fear does not enter into their daily life, it is no part of their education as it is of the Caucasian race; consequently every Japanese soldier is ready to die a hero's death for his country—for his Mikado.

Mr. S. Katata, of Chicago, loaned me a good photograph of the Mikado. The ruler of Japan is a strong contrast to Nicholas of Russia, he is masculine every line of him, a strong, bold forehead splendidly developed throughout, a master of detail, and a judge of men. The nose is energetic, aggressive, the jaws are of iron mold for a Japanese. I would call him Japan's Bismarck. His Human Nature is one of his strongest faculties, and he will use it with telling effect in selecting the right man for each post. Comparing the two Emperors, Japan has an equal show with her colossal antago-



CHIEF ACTING VICE-ADMIRAL TOGO OF JAPANESE FLEET.

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JAPANESE REAR-ADMIRAL SOTOKICHI URIU.

nist, Russia. First, because it is a fight for existence, as against that of greed, and, second, Japan has a much superior man at the helm.

THE RUSSIANS AND JAPANESE COMPARED.

Marquis Ito is now about sixty-three years of age, and has, more than any other man, made Japan a modern nation, and he is one of the greatest statesmen of the Far East. Viscount Ito, Chief of Naval Staff, is no relation of the famous statesman of the same name. He directs the sea campaign from the Admiralty Office in Tokio.

Admiral Togo, who has defeated the Russian fleet so far at Port Arthur, is the Dewey of the Japanese navy. His modest report of the fight at Port Arthur has won the enthusiastic admiration of the European naval officials. He has command of the three squadrons under Rear-Admiral Uriu, Rear-Admiral Kamimura, and Rear-Admiral Nashiba.

Rear-Admiral S. Uriu is a graduate at Annapolis, and his classmates remember him as a pleasant young man and a leading worker in the Young Men's Christian Association. It is said of him that he is quiet and dignified with a studious disposition and a determination to master English. His wife, who is described as a charming Japanese lady, is a graduate of Vassar College, formerly Miss Nagai, sister of one of the most prominent merchants of the empire, Baron E. Shibusawa, Japan's greatest financier. See PHRENOLOGICAL JOURNAL for June, 1903.

Admiral Ivogeny Ivanovitch Alexieff being Russian Viceroy of the Far East, naturally stands first among Russia's fighters in the Far East, as the Czar gave him command over both the land and the sea forces of Russia, though his control has been somewhat divided since the war began.



GRAND DUKE ALEXIS,

Commander-in-Chief of the Russian Navy.

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GRAND DUKE VLADIMIR,

Ex-Commander-in-Chief of the Russian Army.

Grand Duke Alexis is ex-commander-in-chief of the Russian navy.

Grand Duke Vladimir is commander-in-chief of the Russian army.

It will be noticed that the Russians have high foreheads and narrow heads at the base, while the Japanese have high and broad foreheads and broad heads over the base. Grand Duke Alexis is a typical Russian—much more so than the Czar—and it will readily be seen that his head is high and narrow.

The great difference between the two nations is discernible in the fact that the Japanese have scarcely enough caution and are too daring and courageous; the Russians have too much caution and take too much time to think before they act. These remarks apply in times of peace as well as in time of war. By J. A. FOWLER.



ADMIRAL IVOGENY I. ALEXIEFF,

Russian Viceroy in the Far East.

The Utility of Phrenology in Education.

BY M. TOPE.

We have long been of the opinion that if we could persuade educators to fully investigate phrenological science and convince them of its special utility in their work, to say nothing of its general value otherwise, we would perform a lasting as well as a contagious benefit to the rising and future generations. In our earnest efforts in this direction we have, however, met with much discouragement from indifference and apparently willful opposition, and, strange to say, the most bitter disappointments come from those whom we should expect to be the most interested and enthusiastic, such as college presidents, professors, teachers, and ministers. And we have felt the great need of help in trying to reach them and make them realize that there is

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indeed a very much better educational aid than any they have previously used.

The attitude of the believers in the old metaphysical psychology seems to us selfish, if not jealous. We have met those who talk as though they had reached the ultimate of human understanding in this line and as though they think no one besides themselves knows anything but puny notions unworthy their astute consideration. Phrenologically speaking, such treatment comes largely from large Self Esteem, but sometimes there seems to be other motives when the "cold water" is poured. This should not be. The advocates of Phrenology and the old school philosophers should come together in a friendly way, kindly discuss and reason together, mutually understand one another, and agree in all truth, to the end that they shall the more widely improve humanity.

As one who has given much attention to the subject, we have a very high appreciation of good, and of the importance of education in good lines on good principles by good methods. Strange, passing strange, as investigating and intelligent as the American people are, that we have run on so long without discovering more of the first principles of happiness and starting a fad in applying them! This article assumes, of course, that quondam education has been imperfect and misdirected, with corresponding unsatisfactory results, and, without recounting the shortcomings, we appeal to the knowledge and judgment of the readers for the correctness of the assumption.

If every individual of society lived aright; if every one knew how and were disposed to care for his health; if the young and old of both sexes were interested in cultivating the very best of morals and refining manners; if all were friendly in their respective ways to a correct degree; if each of both sexes were properly mated so as not only to promote their own happiness in this life, but in that which is to come; and, lastly, if each one were engaged in his adapted pursuit, that which will furnish a living as well as enjoyment in prosecuting it, what a grand and glorious time there would be! Nor is this a fool's dream. It is not speculative philosophy; it is not a scientific bauble. These things mean something, and can be obtained among the family of mankind instead of the evils and evil conditions that prevail. They are the TRUE OBJECTS of education, the happy privileges of a people who have the prerogatives to bestow them. Influences of this sort, once set in motion, can not be measured by money nor imagination, but only by eternity.

Why not? Have we set the ideal too high? What is the mission of education, if it be not to edify, moralize, and refine, and make mankind useful and happy? O beloved land, land of liberty and independence, land of knowledge and wisdom, and yet a land of sorrow upon whose history there are some dark blots, canst thou not purge thyself with this mild and gentle cathartic and become, as it were, a garden of Eden?

But the great need is a more perfect definite basis for educational work. The lack of this has been the chief cause of the haphazard and faulty results in the past. This basis is to be found in the constitution of man as expounded by Phrenology and kindred sciences. And it is high time that educators who hold influential positions should come to see the good of this science as did the great apostle of education, the Hon. Horace Mann, and apply it accordingly. In doing so, it seems to us, they will treat the people to one of the grandest reforms and advance movements the world ever saw.

And pardon us, friends, if we speak still a little further upon this subject. We had a vision once concerning this theme of education. There appeared around us a great and mighty multitude, the like of which was never seen

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before on the earth. Men and women were there in every possible situation and stage of development—some just emerging from savagery, some from barbarism, and a few standing on the summit of civilization. And while we stood there, gazing and wondering, lo and behold! we saw a large mountain gradually rising before us, up, up, up, and still up, to the top of which no man has yet seen. And it was our lot to go forth from amidst the multitude, a short distance up the slope of the mountain, when at this juncture there appeared unto us a conspicuous personage, who held in his hand an exceedingly lustrous object, like unto a chandelier. This was very dazzling to our eyes, but we pressed onward and perceived that this great light was made up of a large number of small lights, or cressets, all harmonizing together. And we modestly asked this mysterious individual what this meant. And he said unto us: "I am the angel of Human Progress, and this great mount you see is the mountain of Human Perfection, and this which I hold in my hand is the lantern of Science. It is my mission to light mankind up the mountain to the pinnacle of harmony and perfection." And we begged to inquire with reference to the various small lights which composed the great light, shining for that mighty crowd. So, pointing to one, we were told it was Arithmetic, that lights up commerce. Another, we were told, was Geology, that shines into the interior of the earth. Another was Astronomy, that reaches into the heavens. And then we perceived one that somehow seemed familiar, and when told it was Education, we remembered that we had once been a schoolteacher. And we observed another, somewhat larger than the others, and on inquiring the name and nature of it, were told: "That is the science of sciences, the science of Phrenology. The science of Education is a great science, but Phrenology is to it what the headlight is to the engine—going before, lighting the way, showing how to proceed. By means of these sciences, individually and collectively, through human thinkers, teachers, lecturers, preachers, and parents, the race will ascend gradually up the steeps of the mountain you see; but Phrenology must become the guiding star of parental influence, of school management, of pulpit instruction, and of all the important relations of life. And you are hereby commissioned to speak upon and teach this science in all the schools and colleges, and wherever you can obtain a hearing, however small it may be; for, when Phrenology becomes as common a study as the three R's, then will our Nation and the world be redeemed."

Can you blame us if we kindly insist on the diffusion of Phrenological Science among humanity?

Practical Psychology.*

IMAGINATION

(a) Psychologists divide imagination into reproductive and constructive processes of thought. (b) According to Phrenological nomenclature, imagination includes a number of faculties, namely, Ideality, Constructiveness, Sublimity, Imitation, and Spirituality. Psychologists, therefore, say that in the act of reproduction the mind pictures objects and events by means of images, and this is a form of imagination, but popularly the word implies more than this. We have, they say, to take into account the result of past experience or the contents of memory, which in some way modifies, transfer, and recombine those impressions. Thus we have what is termed "productive

* Digest of a chapter of a new work on "Practical Psychology," now in the press.

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imagination." We see before us the process of producing new images out of old material in different forms. This process is passive, in which the Will takes no part, and the movements are swayed by feeling. This is the lower form of imagination, while the higher form is an act of process in which the will directs the several interests of the mind to a definite result. This active imagination is known by Psychologists as constructive imagination. The constructive process of the mind is described as first being represented in the revival of images, passed objects, and the senses. The second process is where the images of memory, being recalled by the force into the work as materials into a new imaginative product; thus the forms of construction essential in imagination enter into a variety of mental operations. (1) Construction has subserving knowledge about things; (2) practical construction as aiding in the acquisition of knowledge of how to do things; (3) construction as satisfying emotions. Psychologists call the first intellectual imagination, the second practical imagination or invention, the third the æsthetic or poetic imagination. While all of these terms are recognized by Phrenology, they take a more practical way of expressing the means of explaining what imagination really is through the faculties of Ideality, Sublimity, Constructiveness, Imitation, and Spirituality.

(To be continued.)

Exercises for May.

THE MOTIVE-MENTAL TEMPERAMENT

It will be easily seen that the exercises for the Motive-Mental temperament should vary somewhat from those given for the Motive-Vital; a man will not weigh so much avoirdupois as if he had the Vital temperament.

(e) A man weighing a hundred and fifty pounds, height five feet nine inches, age forty-five, with a circumference of head of twenty-two and three-quarter inches, height fourteen and three-quarter inches, length fourteen and a quarter inches, should take the following exercise:

(1) Heels firm, head erect, shoulders back. Rise on toes, and extend the arms in a circle around the side of the body, bringing them down for (2). (3) and (4) Repeat exercise. (5) Repeat the above exercise, and step back with the right foot, coming into position at (6). Repeat the same on the left side, coming into position at (8). Repeat the same exercise, only take the lunge in front with the right foot, coming back to position at (10). Repeat the same exercise, only taking the lunge with the left foot, coming into position at (12).

Repeat from the commencement three times, or until thirty-six counts have been reached. Rest two minutes. Repeat the above direction three times before retiring.

A prize is offered to the one who is the most diligent in doing these exercises for six months. Particulars should be sent in on July 1st, with a record of time spent on the exercises each month. Address, Editor Physical Exercise, PHRENOLOGICAL JOURNAL, 24 E. 22d Street, New York City. After July, exercises will be given for ladies.

CAPTAIN JACK MACDONALD.

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People of Note.

CHARACTER SKETCH OF MR. J. W. BENN.

By D. T. Elliott.

Mr. J. W. Benn is the new chairman of the London County Council. He is the son of a Congregational minister, and has been a member of the County Council since its creation.

He was elected M.P. for St. Georges-in-the-East in 1892, but was defeated in 1895. From 1895 to 1896 he acted as vice-chairman of the London County Council.



MR. J. WILLIAM BENN,
Chairman of the London County Council.

Mr. Benn has had a wide experience in municipal affairs, and has taken a leading part in the advancement of all progressive measures in the Council's work. His name is widely known and respected throughout London, and his popularity is well deserved, for he pursues his object in no egotistical spirit nor for any selfish purpose. His sympathies are broad and his intellectual outlook is equally expansive. Thoroughness and industry will characterize his labors, and he is not likely to overlook the importance of details. His mind can give undivided attention to the mastering of facts, and these he can utilize to the great advantage of the many.

He is an interesting study from a Phrenological standpoint. We observe that the mental and motive temperaments are fully represented in his physique and contour of head, hence he will never be charged with inertia nor with a lethargic spirit. He will always be ready to give a descriptive and detailed account of his work, and will manifest that intense enthusiasm which should characterize a public servant. It will be noticed that the head is high from the center of Cautiousness, and anteriorly long from the same point, but the breadth through the basilar and lateral faculties is relatively smaller.

Herein we have the secret of the many sterling qualities which are expressed in his character. He is guided by a high order of integrity, earnestness, and sympathy; these traits are sustained and regulated by his Caution, discretionary power, and keen mental outlook.

He has a receptive mind which enables him to assimilate knowledge readily, to be alert, and fully alive to the exigencies of the moment. It is well to observe that you will never catch this type of individual napping; their temperament gives to their mental faculties an alertness which is never seen in the lymphatic temperament.

He possesses a large share of business aptitude, shrewdness, and tact, which keeps in subjection the more intense and impetuous traits of his character. The largest regional development is evidently the anterior lobe of the brain, in which are located those faculties which are described as intel-

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lectual, artistic, and constructive; the trend of his mind will work in this direction and will give him exceptional ability along these lines. He will be quick to see the fitness and adaptation of things, and equally acute in judging proportions and their relative distances; his sense of harmony is very marked, and he possesses that combination of faculties in a high degree which gives artistic and designing ability. His memory of forms and outlines is strong, and his power to describe minutely these forms is equally strong. His critical acumen and analytical powers are quickly called into requisition in surveying any external object; in his business enterprises and intellectual work his discriminative powers will be equally active. We judge from this combination that his judgment is reliable, and he can take a very practical view of things generally.

He is keenly observant, perceptive, and intuitive; he will judge human nature with shrewdness and with some degree of suspicion, but we cannot go so far as to say that he will be too suspicious. With such a favorable blending and development of the mental faculties, he will possess a good degree of balance of power, and is not liable to follow extremes. He is self-reliant and assertive, without showing the less favorable characteristics of haughtiness or egotism; consequently, he will evince a strong personality and show dignity in directing any course of action, or in any position of responsibility. He is quite capable of enlisting the sympathy, help, and respect of others, for he is not harsh in his views nor tempestuous in the expression of his thoughts; while he will pay special respect to the opinions of others, he will hold his own with tenacity of purpose.

The social side of his character will always be in abeyance to the more industrious and intellectual qualities of his mind, and he will be in his element when he has plenty of work on hand, and when interesting himself in the general welfare of others. He is well equipped with those mental powers which will make him a strong character and a leader among men, and he is in every way capable of being influential in his particular sphere of life, and to be popular among those who think differently with him on political and social subjects.

SCIENCE OF HEALTH

News and Notes.

By Dr. E. P. Miller.

POLLUTED WATER CAUSING TYPHOID FEVER.

Unfortunately Bermuda is not the only locality where typhoid fever is doing deadly work. Hundreds of New England towns and villages are suffering this fall. It is not strange. Recent investigations of over 700 different sources of water supply in New Hampshire show that about half of them are polluted, and of the wells examined, 85 out of a hundred furnish water not suitable for family use.—Healthy Homes.

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HOT WATER FOR IVY POISONING.

In a communication written by Charles Norton Barney, Assistant Surgeon U. S. Army, stationed at Key West, Fla., to the editor of the Journal A. M. A., published in that magazine for August 23d, the use of hot water to allay the itch caused by ivy poisoning is recommended. Dr. Barney had tried several different treatments, viz., a combination of carbolic acid, zinc oxide, and lime water, of lead acetate and alcohol, and of alcohol, lead, and opium, but he found none of these so effective as strong heat. When possible, he plunges the affected part directly into hot water; in other cases sops the hot water on with a sponge.—Red Cross Notes.

CHERUBIMS AND FLAMING SWORD.

(Continued from page 117.)

Is it not apparent from the structure of man's brain and his body that God's laws are so stamped upon the brain and body of mankind that if we learn what they are and live in obedience to them, health, happiness, and loving life will be the inheritance of all? Electricity certainly typifies the flaming sword better than any other object yet discovered. It is becoming a great power in the affairs of man and in the universe of God. It contains heat, light, and power. It now surpasses steam as a motive power. In the lightning's flash and thunder's roar we see the flaming sword and hear the voice of God. If it is not in reality the spirit of God, it is the nearest akin to it of anything yet discovered. It is undoubtedly the motive power that runs man's bony and muscular system. There is a complete telegraph and telephone system in the human body. The brain is the battery and the spinal cord and its branches of nerves the wires for the telegraph. The brain is the central office and the various organs the connecting stations.

The great sympathetic nervous system is the telephone plant. The solar plexus is the distributing center. When we all understand the messages sent both by the human telegraph and telephone systems we shall know better how to take care of our bodies than we now do. We have constant signals and warnings of what is going on in the different organs of our bodies and brains, but we pay little or no attention to them until we suffer the pain of violated law.

All of our sickness, sorrow, and suffering is the result of violating the laws of our organization.

The tree of life is still on the earth and is accessible to all who obey God's commands and keep His statutes. In Revelations ii. 7 we are told that: *"He that hath an ear let him hear what the spirit saith unto the churches;* To him that overcometh will I give to eat of the tree of life, which is in the paradise of God. He that overcometh shall not be hurt of the second death. To him that overcometh will I give to eat of the hidden manna, and I will give him a white stone, and in the stone a new name written, which no man knoweth but he that receiveth it. And he that overcometh and keepeth my works unto the end, to him will I give power over the nations. And he shall rule them with a rod of iron; as the vessels of a potter shall they be broken to shivers; even as I received of my Father. And I will give him the morning star. He that overcometh the same shall be clothed in white raiment; and I will not blot out his name from the book of life, but I will confess his name before my Father and his holy angels. Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out, and I will write upon him the name of my God, and the name of the city of my God, which is the new Jerusalem which cometh down out of heaven from my God: and I will write upon him my new name.

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"I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness may not appear; and anoint thine eyes with eyesalve, that thou mayest see. As many as I love I rebuke and chasten: be zealous therefore and repent.

"Behold I stand at the door and knock: if any man hear my voice and open the door, I will come in to him and sup with him and he with me. To him that overcometh will I grant to sit with me in my throne, even as I also overcame and am set down with my Father in his throne. He that hath an ear let him hear what the spirit saith unto the churches."

Now, who was it that made all these promises to "him that overcometh"? Read the first three verses of the first chapter of The Revelations of St. John the Divine, and you will see who it was. In the seventh and eighth verses of the twenty-first chapter of Revelations we find the following: "He that overcometh shall inherit all things; and I will be his God and he shall be my son." These are all precious promises that may be received by all that love God and keep His commands and obey the laws He has made to govern his children here on this earth.

HEALTH AND CIVILIZATION.

By JULIA COLMAN.

(*Continued from page 120.*)

The difficulties are the same the world over. Dr. Paton, an Australian missionary, visited the United States three times before he succeeded in getting this country to prevent its traders from selling rum and firearms to the natives of the New Hebrides. This had already been forbidden by the English government to its traders. He says: "They lead these poor cannibals to fill themselves with liquor and shoot each other and commit other crimes." President Roosevelt says of such missionaries: "No work is more productive of fruit for civilization than the work carried on by the men and women who give their lives to preaching the Gospel of Christ to mankind." Does anyone thus commend the brewers and liquor dealers? Nay, they do not so commend themselves. Mr. Wm. Lell, the great brewer of Chicago before the fire, declined to rebuild after that event, because "the brewery was a factory of drunkards, where every workman was a beer barrel in the morning and a barrel of beer at night."

The aborigines of our own land were swept away by the fire-water of the trader, as with the besom of destruction, until their numbers were so decreased that there was some possibility of enforcing police restrictions forbidding the sale of liquors to the red-man. The writer of these lines was the daughter of a missionary to a remnant of one of the New York State Six Nations removed to a Western reservation, where they were learning the arts of civilized life, and it was like "a fight between Heaven and hell," as a British liquor dealer graphically puts it. During the five years of my father's stay every one of the one hundred members of his church, excepting two of the men and a very few of the women, went on one or more tearing drunks. So what is to be done? Police the world? Yes, if you can; but first of all guard your own territory, your own home, your own self. Know the ground and help others to know it. There is hope even for us. At the beginning of the last century in this country almost everybody drank more or less. Now it is estimated that there are over seven millions of total abstainers, many of whom can give a reason for the hope that is in them and are willing to work for others. How? If you care to know how to work hopefully, we will try to tell you.

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

CULTURED AND PROMISING.

By Uncle Joe.

No. 624.—Sylvia Lund Becker, Yorkshire, England, aged thirteen months.

This little child is a "peach" of the finest brand, and she has the organization to become a fine woman one of these days. Her head is large, and she is endowed with health and vital stamina; consequently she will be able to balance her mentality, and make use of her mental powers in a favorable way.



No. 624.—SYLVIA LUND BECKER.

Look for a moment at her bright eyes, which indicate intensity of mind and capacity to think and act in an intellectual and independent way. The fullness of her cheeks indicate the presence of the vital temperament, and we should be surprised to find that she did not prove to be a loving and companionable child. She will adapt herself to almost any circumstance that may befall her lot. We mean by this that she will be able to make the wheels of life roll smoothly, and while she is an active piece of goods, her activity will not make her irritable. She will show quite a good deal of control, and we judge that she has inherited a good deal of her mother's intensity and sweetness of disposition, and her father's balance of mind and originality of thought. She will want to do something for everybody to make them hap-

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py, even if it is only getting a flower from the garden and presenting it with her love. She will make hosts of friends, and will always have around her people whom she will entertain, for she is so full of life herself that she will not wait or want to be entertained by her friends. She will do the talking and will put others at their ease in her company. She will need her full complement of sleep, for when she is awake she is alive all over, and will therefore use up her vitality as fast as she generates it. She must be taught to put her things away, and it will be well for her to early get her fingers accustomed to playing on the violin and piano.

She has a strong moral nature, and will expect everyone to do exactly as they promise.

She will show quite an artistic mind, and the indications very strongly point to the fact that she will be fond of literature, and will have a lively imagination. There is much that we could say about this little girl if space permitted.

She is worth taking care of, and we feel sure that her parents will value her personality as they do their own lives.

HIGHER EDUCATION AND MOTHERHOOD.

By Mary Lowe Dickinson.

(*Continued from page 123.*)

"No saying is more quoted than: 'The hand that rocks the cradle is the hand that rules the world.' There is a grain of truth in the words. There would be more if only the world would stay in its cradle. But every mother learns that there is a wide distinction between rocking and ruling. While her world of babyhood is waiting to be hushed to sleep, she may rock her cradle and croon her lullaby. But when the baby becomes the young man, pushing eagerly forward into a world where many a mother can follow only with her prayers, the strain that shall stir him to noble deeds is not found in a cradle song.

"Always and everywhere her prayers should go after her boy—compassing him about like outspread wings of watchful love — but the woman who has shown how to win her own college course has more than prayers to offer; knows, indeed, how also to be one of the college comrades of her son. We have known wise mothers who, having missed early opportunities, finding it late for severe study, yet read translations of all the Latin and Greek courses, and worked hard in many other directions, that in all new fields of knowledge they might keep step with their boys.

"'But,' says someone, 'their boys didn't want their mothers to keep step. College days are a young fellow's time to be with other fellows.'

"Some truth in that, but trust a mother bright enough to do the college work of her son to be bright enough not to make herself a nuisance — not to bore him with her knowledge. Trust her to find other ways than the rocking and coddling, that many a mother keeps up her whole life long, sometimes because it is the only thing she knows how to do. If she stands in the way of her baby's becoming a man, if she keeps on rocking and finds by and by that some woman with brains is ruling, it will be because she did not claim her scepter when she might, because she only helplessly loved where she might have helpfully led.

"If we gathered in one great company the disappointed mothers who with silent heartache have seen their boys drift away into worlds unknown to themselves, we should see an army urging by its own wounds and defeat that the same hand that rocks the cradle reach up and out for all discipline and education, by whatever name called, that will help Love to keep its rule over the sacred world of home."

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A PRIZE OFFER.

A year's free subscription will be given to the person who sends the best description of the Organs that made the man in the following story give himself up to Patrolman Brenner. Description to reach the office by August 1st, addressed to Prize Offer Department.

"I'm a thief, officer, and I want you to lock me up. I stole some money Christmas Day, and I've been nearly crazy since from the pricking of my conscience. Put me in jail. Make me suffer for what I have done. Help me to do something to free my soul from torture."

These appeals to Patrolman Brenner, who was on post at Ninety-third Street and Third Avenue, was kept up so persistently that he finally arrested the man, who said he was Frederick Devie.

"I was employed," said Devie, "as clerk in the office of the Yonkers Hotel, in the Bowery, and I took $75 from the safe and decamped. There hasn't been a day since I took that money that I have not been tortured by my conscience. I expected every minute, too, that I should be arrested, and, rather than suffer longer, I decided to give myself up."

Robert Kerr, proprietor of the hotel, said Devie was telling the truth, so Devie was held by Magistrate Flammer in Harlem Court in $1,000 bail for trial.

MUSIC, ART, AND POETRY—PRODUCTS OF THE SUBJECTIVE MIND.

By J. Thornton Sibley, M.D.

(*Continued from page 125.*)

The poetry of Sir Walter Scott will stand the scrutiny and analysis of the best English scholars of the world. Its diction is exquisitely grand, even classic; its meter, which conforms to all the rules of poetic composition, is as rippling and sparkling as the water of the hillside brook, and the many important events it describes are beautifully related; but in spite of these admirable qualities, it is not first-class poetry, nor has it ever been popular in the sense that the poetry of Byron, Poe, Tennyson, and Longfellow is popular. Scott's "Marmion" is perhaps one of the most faultlessly constructed poems in the English language. It seems as if the author had built up a most beautiful and symmetrical frame-work from materials gathered from the literary workshop of the ages, and had upon this frame-work arranged in a most artistic manner the beautiful creations of his objective faculties; but in spite of its unique construction and marvelous beauty, the frame-work of objective creation shows through here and there, and dispels the beautiful illusion, effaces the fantastic colorings of subjective emanations and leaves it only mechanically beautiful. "Marmion" is frequently used in schools as a model, for the reason that it conforms so well to the laws and rules of poetry as expressed by the best teachers. You cannot criticise it, except by saying that it is not subjective; by which is meant that it does not contain that delicate indefinable something that lends a charm and a fascination to the works of other poets. Sir Walter Scott under suitable conditions might have written poetry of the highest class, judged by any standard; but his material environments made it impossible for him to enter a highly subjective state. He was thoroughly imbued all his life with the idea of becoming some day a rich man, able to gratify his every wish, which more frequently than otherwise, took the shape of objective pleasures and enjoyments; and this fact alone would blunt the subjective faculties. It is a well-known fact that in middle life he became seriously involved in debt. He was a man of the keenest perception of right and wrong; a purely objective perception, and the best evidence in the world that he was not in condition to write genuine poetry; for the object of subjective conditions does not sufficiently identify himself with material matters to properly appreciate the niceties and proprieties of business obligations. They are not dishonest, but indifferent. Scott resolved to pay every farthing he owed, and the rapidity with which he turned out work after work from his literary workshop was the wonder of the world of letters. In his early life he dreamed of titles and estates that were to be his through the money his writings would bring; in his later life his dream was to liquidate an indebtedness brought about by the speculation of his publisher. His prose writings are among the best, and will live as long as the English language is spoken; but his poetry will become less and less popular as time

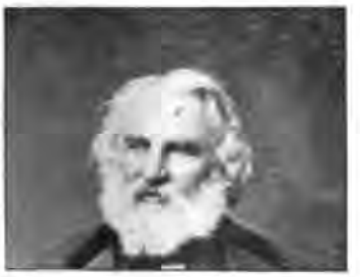
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rolls by. His prose works commemorate many important historical events; and even those of pure fiction are so fascinating in plot, and so admirably written, that they will always interest the reader of history or romance. The mass of his poetry was



SIR WALTER SCOTT.

written like his phrase; at so much per line or page. Under such circumstances the subjective faculties were completely submerged by material considerations, and his writings, prose and poetry, are largely products of the objective mind, and do not therefore contain the most essential elements of genuine poetry. Many poets of far less ability than Scott have dashed off verse without an effort that will live forever. Many persons whose abilities have not risen above the plane of mediocrity, and whose deeds would never have been known outside narrow limits, have been made famous by some one whose subjective



HENRY W. LONGFELLOW.

mind had received an impress that expressed itself in poetry. Many events in history are well remembered that would long ago have been forgotten had they not been recorded in some beautiful poem.

Who has not heard of the "Burial of Sir John Moore":

"Not a drum was heard, not a funeral note,
As his corse to the rampart we hurried;
Not a soldier discharged his farewell shot,
O'er the grave where our hero we buried.

"Few and short were the prayers we said,
And we spoke not a word of sorrow;
But we steadfastly gazed on the face of the dead,
And bitterly thought of the morrow.

"Slowly and sadly we laid him down,
From the field of his fame, fresh and gory.
We carved not a line, we raised not a stone,
But we left him alone in his glory."

How many ever heard of Sir John Moore outside of that beautiful little poem? Thousands of better soldiers have lived more useful and more interesting lives; thousands have made as great a sacrifice for their country; thousands whose names have never been penned by the historian, and whose lives were more nobly lived, have died "unwept, unhonored, and unsung." An ordinary country parson in an obscure part of Ireland, in a meditative or semi-subjective state, was deeply impressed with the account of the fall of Sir John Moore at Corunna, and his quiet burial at night; and in a few stanzas not to be compared in diction or meter with much of the poetry of Scott snatched his hero from the arid plains of oblivion, and placed the laurel on his brow for all posterity to admire. This little poem not only immortalized a hero, but it brought fame to an author. Whoever heard of the Rev. Charles Wolf except as the author of "The Burial of Sir John Moore"?

The theme of love, that ever-gushing fountain of inspiration, has always been a favorite one with poets, simply because love is a purely subjective something, with no objective features. No one ever reasoned himself into being in love. As soon as it becomes reasonable, it ceases to be love. Some people imagine themselves in love, when they are only suffering a sort of itch that manifests itself in a longing to hunt for an heiress or a title. Objective love, commonly called platonic love, is not love at all; but usually a mixture of selfishness and expediency. In many of Scott's poems, especially in "The Lady of the Lake," we find numerous references to love. In Canto III of this excellent literary production we find this definition of love:

"In peace, love tunes the shepherd's reed;
In war, he mounts the warrior's steed.
In halls, in gay attire is seen.
In hamlets, dances on the green.
Love rules the court, the camp, the grove,
And man below and saints above;
For love is heaven, and heaven is love."

That is very pretty, but it does not strike down deep among the emotions like Tenny-

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son's "Come into the Garden, Maud," or Moore's "Nourmahal," the "Light of the Harem," or much that we might select from Byron's "Don Juan." It is the objective treatment of a subjective theme.

Edgar Allan Poe was a genius in treating of the subject of love, and his "Annabel Lee" is a striking contrast to the poem just quoted.

"It was many and many a year ago
In a kingdom by the sea,
That there lived a maiden, whom you may know
By the name of Annabel Lee;
And this maiden she lived with no other thought
Than to love and be loved by me.

"The angels not so happy in heaven,
Went surveyng her and me
Yes that was the reason, as all men know,
In this kingdom by the sea,
That the wind came out of the cloud by night,
Chilling and killing my Annabel Lee.

"But our love, it was stronger by far than the love,
Of those who were older than me,
Of many far wiser than me.
But neither the angels in heaven above,
Nor the demons down under the sea,
Can ever dissever my soul from the soul
Of the beautiful Annabel Lee."

I cannot forego the temptation to make one more quotation. It is that beautiful little sonnet of Thomas Moore:

"Believe me, if all those endearing young charms
Which I gaze on so fondly to-day,
Were to change by to-morrow and fleet in my arms,
Like fairy gifts fading away;
Thou would'st still be adored, as this moment thou art,
Let thy loveliness fade as it will.
And around the dear ruin, each wish of my heart,
Would twine itself verdantly still.

"It is not while beauty and youth are thine own,
And thy cheeks unprofaned by a tear,
That the fervor and faith of a soul may be known,
To which time will but make thee more dear.
No, the heart that has truly loved, never forgets;
And as truly loves on to the close;
As the sunflower turns to her god when he sets,
The same look that she turned when he rose."

There is a striking dearth of poetry to-day. Where are the great living poets? Our own little Ella Wheeler Wilcox is about as grand as any. Some have referred to Kipling as a poet, but I don't think any of his friends ever seriously accused him. His poetry is in keeping with the materialistic nature of the times, it is thoroughly objective; and when the special reasons for a temporary popularity no longer exist, the mass of his poetry will go sailing down the slippery chute of oblivion, along with "Casey at the Bat" and the "Yellow Gal that Winked at Me." The time are not condueive to good poetry, good music, or true art: Music teachers never found it so difficult to organize their classes, artists never found it so difficult to dispose of their work, and the poets have simply gone out of business. The commercialism of the age has stifled the artistic instinct, and not until the Morgans and Rockefellers shall have passed away, and their methods forgotten will there be a revival of artistic genius as expressed in good music, true art, and good poetry.

THE RATIONALE OF PHRENOLOGY.

By Rev. F. W. Wilkinson, of London.

(*Continued from page 124.*)

But much as one regrets vivisection, yet in this case the experiments of Professor Ferrier on animals as far as they can be compared with human beings go to prove the truthfulness of localization. Prof. Elmer Gates, the celebrated psychologist of the Smithsonian Institute of America, which has the finest psychological laboratory in the world, does not believe in vivisection, because he says that an animal under an anesthetic is not in a normal condition, and hence the conditions are not analogous. While he does not believe in vivisection, he has trained animals for certain periods and noticed the formation of the skull, and when he has killed them has found, he says, thousands more brain cells in those particular parts in which certain organs are said to be localized more than in those animals which were not trained.

Further, in the case of a child which he trained for sometime, and which afterward

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died from some complaint, he examined the brain after death and found in this instance also a considerable increase of brain cells in certain localizations. Professor Gates does not accept the localization of Phrenology fully, but he does accept many of its tenets. Now, in the light of these experiments and the conditions observed, it is well for us to consider the question of localization or the marking of the organs on a bust or head to represent centers of activity or divisions of labor for the brain. That these particular centers are brought into activity by certain stimulus or activity by external objects or by internal impressions or emotions. We not only designate centers or organs, but in the practical application of the truths of Phrenology we group organs and further notice that there are dominating organs, which control more or less certain groups. These act as leaders of the forces, and express themselves oft-times in very forcible ways. And if I were to deal with the temperaments at this juncture I should show that temperament is a mental as well as a physical condition, and in certain temperaments certain organs take the lead—or are the dominating factors. This may not be the usual way of presenting the truths of Phrenology, but I want us to learn that truth is not confined to any particular set of phrases for its expression, but can shine through other words, and revealed itself through the chinks in any man's mind. We, unfortunately, get too often into a stereotyped form of expressing ourselves, and think every one else must do the same if we are to agree with them in principle. But it is possible to get a handful of daisies and find every one different, yet each is a daisy and true to the nature of a daisy, and to its own nature in particular. So it is possible for each one to express himself and be true to fact, while yet not true to some one else's opinion or his way of expressing a fact.

It is not my purpose to-night to deal with the various organs, their position, and nomenclature, because a little study on the part of each student will be more effective and beneficial to you as individuals, and my object is not so much to give information as to provoke thought and lead you to a little personal thinking and investigation, for if I can only start the thinker in you in the direction of phrenological thought, so that you will come into a closer acquaintance with its truths and make a fuller application of its principles, I shall not have spoken in vain. But may I ask you to bring to your study of it an open mind and a desire to know the truth, so that you may practically apply it. But it may be quite acceptable to say that the phrenological localization of the organs is not only systematic in the sense that they accord and harmonize with each other, but is also anatomically correct, and there need be very little doubt, if any, about them being correct. The investigators in the first instance were exceedingly cautious before committing themselves to any statements. I am aware that in a good number of cases it was through the particular organ being abnormally developed that it was discovered, and in some instances they received their names from their abnormal activity rather than their normal, but as in all sciences there has to be an adjustment for each principle to find its true position, and the definition may be varied, according to the adjustment, so it was in Phrenology, but this instead of being as asserted by our opponents an argument against Phrenology is a splendid tribute to the honesty of its investigators and founders, and shows their desire for accuracy. They did not assume that they had perfected their discoveries nor had gleaned all the truth concerning matters in connection with human nature. Neither do I presume that phrenologists to-day would assume that the last word has been said on the subject, or that there are no other phases of the subject which may present themselves to the keen eye and observant mind of the investigator. While we keep an open mind there is a needs be to caution, so that we do not too readily come to conclusions and find that we have not taken into consideration all the facts of the case, for it is possible in our interest in the subject and with our sympathies perhaps largely in the direction that we are studying for us to be too eager and too ready to give credence We may rest assured that the impetus which has been given to the study of human nature during the past ten years will considerably enhance the position of Phrenology, and this gives all the more need that we should be wise, so that by no hasty expression or act we should give cause for any slight to be put upon the science which we consider to be of such great importance to mankind.

(To be continued.)

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THE EXACT SCIENCE OF HEALTH.

By Robert Walter, M.D.

(*Continued from page 110.*)

The marvelous thing in this connection is that the man who so clearly perceived the necessary requirements of exact science should not himself have supplied them to his chosen profession. The attempts to do so had been made times without number, he confesses, but without success. He tells us that "some have placed the law in the physical condition of the solids, others in the physical condition of the fluids. Hence the terms Solidists and Fluidists." A third party considers it "an alteration of the living force," and these are called Vitalists. But Bennett asserts that no one of these theories is sufficient, and so he concludes that the "primitive fact" of vital science resides in all of them.

Of course they are not sufficient, nor are all of them combined. What we want to know is not where the primitive fact is found, but what it really is. It is found everywhere, but who knows it when he sees it. Our great author, so near the truth, has yet totally overlooked it. Gravity, he knows, is a force which operates according to law to the production and explanation of all astronomical phenomena, the discovery of which force and law, and especially that they are universal, made astronomy an exact science. Why should not a corresponding discovery make health science exact? Newton's law was an abstract conception of truth; why not Life's Great Law be patterned after it? The laws and forces of vital phenomena are ever before us, and have been for ages the observed of all observers, but like diamonds in the dark, men continue to stumble over them, wholly unconscious of their value.

Of Newton's discovery the same was long true. Both gravitation and the law of its operation upon the earth were well known long before Newton; it required the comprehensive mind of Newton to conceive, and finally to demonstrate, that the phenomena of earth are perfectly illustrative of the phenomena of the heavens, and the laws of the one are those of the other. Just as though any of God's laws could be less than universal? It is the universality of Life's Great Law, and its applicability to the explanation of all vital phenomena, and the solution of all physiological problems, that we here proclaim. Both the law and the force are the property of the ages; no one disputes their existence; but no one has heretofore conceived their power and value. The force, doing as it does all vital work, is properly called vital force, while the law is known by the simple term Self-preservation. Thirty-one years ago we announced this law in S. R. Wells's "Science of Health," knowing then very little of its power and value, but thirty years of study and reflection have enabled us to formulate and elucidate it, until at length we have discovered its marvelous similarity to Newton's law. It is, indeed, its perfect counterpart. Put self-preservation in place of the attraction of Newton's law, and thereafter these laws are identical. "Every particle of matter in the universe," says Newton, "is attracted, or in better form is endowed with attractive force for every other particle;" while Life's Great Law asserts: "Every particle of living matter in the universe is endowed with an instinct of self-preservation." And as Newton's law continues; showing that this attractive force is directly proportioned to its sum total, so Life's Great Law asserts that the power of vital force in every case is in direct ratio to its amount, a claim which is of course self-evidently true in the one law as in the other.

A few words of explanation of the universality of Life's Great Law will suggest how wide its applicability. When we say every particle of living matter is endowed with an instinct of self-preservation, we mean that every organ and every organism not only, but every cell, and every bioplast in the cell, is endowed with this instinct, which instinct necessarily involves the capacity to perceive danger, fear evil, and seek the good, and think and plan how to receive the good and avoid the evil. The brain is the great central organ of thought, it is true, but brain structure, both white and gray, is distributed throughout all animal organisms, and what is its use if not to think? And how can brains think unless the elements of which they are composed think? It is a fact, which the microscope has clearly established, that bioplasm or protoplasm, acknowledged by all to be original living matter, the living basis of all living things, has the power of thought which underlies all its activities. It is organless living matter. Without mouth it eats, without eyes it sees, without muscles it moves, and without brains it thinks. It is this fact that lies at the bottom of all vital action of which both disease and health are illustrative. It is for this reason that diseases may be real or imaginary and may be cured by real or imaginary remedies. It is not what the patient's brains think, but what the protoplasm of his tissues think. It is this fact which renders mind-cure in its varied phases so often effective. It is this

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instinct of life which makes faith such a potent element of success, and lack of it to be so utterly paralyzing. A recognition of this universal power of thought will solve all problems, medical and physiological, explain the successes and failures of all the isms, and make the science of health to be truly exact. Thus what the telescope in Galileo's hands did for astronomy, the microscope in the hands of modern investigators has done for physiology.

But now we reach the salient and important feature of both these laws, viz.: the efficiency of their work is *inversely* to its activity, and not directly, as is generally believed. "Inversely as the square of the distance," Newton says, a truth which may be more fully stated by saying, "Inversely as the degree of attractive activity which diminishes as the square of the distance increases." This is the every essence of Newton's law, even though its universality was his peculiar discovery. Just so, though the universality of Self-preservation was the original conception in Life's Great Law, the practically important feature of it is the fact that the efficiency of the vital work is *inversely* proportionate to the activity of the vital forces, *and not directly so*, as is generally held. Frequent pulse means weak circulation, rapid breathing, weak breathing organs, nervousness or nervous activity, means weak nerves, and these are illustrative examples of vital activity. The world doesn't know that by increasing the activity of the vital functions through stimulating them, their efficiency is being correspondingly reduced because their power is being exhausted. The only power that can do vital work is vital power; tonics and stimulants call this power into action, and so exhaust it; they never communicate power to it, because they have none to give. Whenever a drug, or bath, or other agency, seems to give us power, depend upon it, it is taking away from us just what it seems to yield. The consequence is temporary strength at the expense of future weakness, so that the more of the stimulant one takes, the more he needs, and his weakness continues to increase corresponding to the strength he thinks he is getting. Whisky is the great representative stimulant, whose known effects are illustrative of the effects of all stimulants and tonics, the tonic being but a slow-acting stimulant. Once we commence its use, we must forever continue and increase it, or suffer a degree of prostration from its disuse, that is, to say the least, very unpleasant. The same is true of drugs in every form. The innumerable proprietary medicines that flood our markets are all based on whisky as a necessary constituent; and it is the whisky that sells most of them, the stimulating drug being in most cases a secondary consideration. All pills and powders are local if not general stimulants, if we except only the homeopathic remedies.

And when you turn to sanatory appliances, especially the water-cure, the same principle of stimulation is illustrated. Hot and cold bathing, and especially where you alternate the hot with the cold, is one of the most effective forms of stimulation known, and consequently one of the most popular forms of treatment. In fact, physicians in our day know little of any other treatment except stimulation, local or general. We do not deny that a harmless stimulant may sometimes be employed as a temporary expedient, but to repeat indefinitely its use, on the supposition that it is strengthening the patient, is one of the most wretched delusions that ever afflicted humanity.

(*To be continued.*)

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The April meeting in connection with the American Institute of Phrenology, was held in the hall of the above institute on the 5th instant, at 8 o'clock. The chairman, Dr. McGuire said in his opening remarks that he regretted to say that Dr. Shepard was indisposed, and would not be able to be with them that evening. They would look forward to another occasion, when they might have the pleasure of hearing his address on "How to Reach the Century Mark." He was, however, glad to be able to state that Dr. Carleton Simon would be with them later, and explain the particulars connected with the autopsy of Geo. Francis Train's brain, and he would ask Miss Fowler, before he came, to give a sketch on the character of this remarkable man whom she examined in 1899, at the close of one of the monthly lectures during that year.

Miss Fowler here gave the statistics concerning the examination that she made, which were as follows:

THE LATE GEO. FRANCIS TRAIN.

As the late Geo. Francis Train was a conspicuous citizen of New York for many years before his death, and as he traveled extensively throughout the United States, the British Isles, France, China, Russia,

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and Australia, it will be interesting to our readers to know what phrenology has to say about him, for he was a man who has been much misunderstood and criticised. The examination of his brain by Dr. Edward Anthony Spitzka, assisted by Dr. Carleton Simon, and at the latter's instance and request will also prove valuable, scientific information. He was well known to my father, L. N. Fowler, both in this country and when he was traveling in England. We give grateful acknowledgment to these gentlemen to their services in the direction of brain examination and preservation. It has only been of late years that our modern scientists have thought well to preserve the brains of intelligent human beings. Formerly those examined were mainly from the ranks of inferior men, but phrenology has pointed out the usefulness to anatomy and to science of examining the brains of well-known intellectual people. Even Dr. Spitzka realizes what an interesting study it would be to examine the brain of a Newton, a Shakespeare, a Michael Angelo, a Beethoven, or an Edgar Allan Poe. "How much more useful," he declares, "would be the study of such organs of thought than even those of criminals, paupers and ne'er-do-wells.

It was my privilege to publicly examine the head of Geo. Francis Train on March 1, 1899, at the close of a lecture given by Dr. E. B. Foote, when Geo. Francis Train was one of the audience. On this occasion he mentioned the examinations that he had previously had by Mr. L. N. Fowler in Liverpool, in 1860.

On this occasion my father invited anyone from the audience to allow him to examine his head. Mr. Train thought as Mr. Fowler had never seen him before that he could get an absolutely impartial reading, so he responded to the invitation. He had consulted Mr. Bridges, of Liverpool, Mr. Donovan, of London, another authority in Paris, still another in Germany, but he said he felt he should not be satisfied until he had the verdict of the highest Court of Appeals, and he felt he had reached the highest authority then living. He said, "I was known in Liverpool in connection with the building of the first street railway and in the granting of the Municipal Government to permit of lights and fire on the docks at night in order to facilitate the landing of the very traffic that was the basis of the city's prosperity. When Mr. Fowler placed his hands on my head he exclaimed, 'Jehu! what a head.' The audience applauded as if they thought I had a head and had used it to good advantage in their city."

Beverly Tucker was an American Consul in Liverpool at that time, having been appointed by President Pierce, and a ticket of invitation was sent to Mr. Fowler to meet Mr. Train and the citizens of Liverpool at a dinner given in the latter's honor in 1860, in connection with his street railways.

It sometimes takes a man who is considered to be eccentric to bring about reforms; so it appeared in the case of Geo. Francis Train. As we have said, Mr. Train was not understood.

Another gentleman examined his head and remarked, "You will be either a great reformer or a great pirate; it merely depends upon the direction you take in ethics."

I had the pleasure to examine Mr. Train on March 1, 1891, and said of him:

"Phrenology can account for, as no other science can, the peculiarities of such a character and head as the one before us.

The head is unusually large and well developed. The basilar portions, giving energy, force and executive power, are exceptionally well defined. There is tremendous force here, reminding one of the force of Niagara as it passes down over the Horseshoe Falls, or like an avalanche that slips down some steep mountain peak, and hurls with it rocks, stones and trees. His head indicates that he will allow neither prejudice nor old-fogyism to deter him from the course that he has set himself to run, or the task that he has undertaken. His head is remarkably broad an inch above the base of the brain, or that section which surrounds the ears, which indicates that whatever he undertakes to do will be uncommon, massive and exceptionally large in conception and outline. He will give himself to extensive plans, rather than to microscopic detail work, and the organ of sublimity is excessively developed.

His perceptive intellect, being remarkably full and active, shows unusual gifts in working out definite, useful and practical plans, inventions and schemes of work. He is not a man to imitate others, and will be more original in his style of thinking than one in a thousand. He will think of things that will arouse the interest of others.

He is not calculated to live a smooth, easy life. If he had his choice to live his life over again, he would choose the rough, pioneer work of practical reform, rather than the life that is strewn with roses, soft-cushioned and smooth.

Another conclusion that we draw from his remarkable head comes from the development of the crown. He is an exceptionally independent man. He hates to be beholden to anyone. He will dare to say what other men would tremble over saying.

He is fond of children, and the helplessness and simplicity of their lives appeals to him in a remarkable way. He should be able to suit himself to the young as well as to animals and pets. His spirit of reform will show itself in his love for both

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children and the young, hence we judge that he will ever keep his spirit from growing old.

His sympathies form another very strong characteristic. He will not allow them to be wasted, but he will have quite a distinct regard for the wants of others, largely through his benevolence. He will support public reforms and philanthropic agencies.

His intuitions are very strong, and they come to him like a flash of lightning. He will read through a person's spoken words and actions what their hidden motives are, and although he may not always act on his first impressions, yet he is a man who will form strong opinions concerning his fellows.

That he has literary talent, is to be seen in his strikingly developed forehead. He is a fact collector, and his language being striking, and peculiarity strong and effective, and should arouse the interest of others in what he has to tell them. The organ of language works with his comparison and causality in giving him more than ordinary



Photo. by Rockwood.

THE LATE GEORGE FRANCIS TRAIN.

(1) Destructivness. (2) Sublimity. (3) Observation. (4) Self-Esteem. (5) Love of Children. (6) Benevolence. (7) Human Nature. (8) Firmness.

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spontaneity of thought, and when he writes, he describes what he has seen as though he were speaking to a person.

His strong points of character, having been accentuated by a remarkable career, have thrown him into an atmosphere which can only be appreciated by being understood, and lived.

He has a strong sense of wit, and does not mind how much good-natured raillery he creates around him, even if the fun comes back upon himself.

To sum him up in a sentence, he should be known as a reformer, an agitator, an explorer, a brilliant public speaker, a successful business man of great force and ability, and a writer of exceptional originality.

Many of Geo. Francis Train's eccentricities can be allowed to pass out of sight in the light of what he actually accomplished.

His strongest characteristic was his independence of mind, which he carried to an unusual extreme.

He showed a remarkably developed memory. His brain showed a superior degree of complexity in its morphological surface. There were no lesions of any kind and no deformity, atrophy or anomaly to be found.

The brain weighed 1,525.5 grains or 53.81 ounces.

The celebrated scientist who does not believe in phrenology, says that he possessed a brain of unquestioned vigor and superior mental capability, or one of the best ever recorded.

DR. McGUIRE'S SPEECH.

At the close of Miss Fowler's address, Dr. McGuire said: We expected that Mr. Streever would be with us this evening to read his paper on 'Specialized Education,' but we have just learned that he has met with an automobile accident, and, therefore he, the chairman, would give a synopsis of his paper bearing upon the use of phrenology in the public schools. Before doing so he would like to say that the remarks made by Miss Fowler were very appropriate, and explained the boldness, the originality and independence of Mr. Train's character. He was present when the examination was made, and at the close Mr. Train remarked it was the most complete and accurate statement of his mental powers that he had ever received from any one.

With regard to the importance of phrenology, he said it was the first science that had explained the usefulness of suggestive therapeutics, and the differentiation of the various powers of the mind. He said that formerly, hypnotism was thought to be a matter of spiritualism, but to-day it had been proved on its purely physiological grounds to be quite another matter. A physician, Dr. Dercum, in Philadelphia, had recently explained this influence as made upon each nerve cell. He, himself, with a few other investigators, thought that it was not necessary to put a person into a state of catalepsy or total unconsciousness, but that suggested influences were much to be preferred.

A good deal of discussion had of late been given to the question of hereditary genius, and many persons were surprised that the sons of celebrated men were not known for any great talent, and it was thought that this deficiency in the children could be traced to the inferior conjugal mates their fathers had selected; it therefore behooves all persons to make a thorough study of phrenology in the selection of their life partners.

It was Dr. Gall who first called attention to the question of articulate speech in the third frontal convolution, in the frontal lobe of the brain, and his experiments concerning the sunken or bulging eye corresponded with the researches of Dr. Spitzka upon the island of Reil, when he was examining the brains of Professor Dr. Seguin and his son. The physiologist had found that agraphia and aphasia were distinctly connected with part of the brain and considerable light had been thrown upon the working of the brain in this center.

It was one gentleman's idea that phrenology could be applied to daily life through the practical examination of the heads of children in our public schools, and he thought better results would accrue if children were allowed to specialize and devote their energies to the work in which they could do their best. Some children are taught how to cook, but he thought that this was a subject that should be taught at home. Phrenology accounted for the reason why some moral instruction should be taught in the public school. We do not want dogma or creeds taught to children, and, in fact, there are so many religions represented that it would not be well to teach one special form to the detriment of another, still morality should be inculcated into the minds of children when they are young, in order to bring about balance of power. We would not have the penitentiary so full of people if morality were made a more dominating feature in the school system. McKinley was a well-balanced man, and he had a beneficial influence over the community.

Sexuality, and the appetite for food and drink, are two forces which need to be brought under control, and all should be taught how drink will affect the mind. Respect and obedience are two other points that need to be drawn out in children. Many children to-day think they know

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more than their parents, because their veneration and spirituality are not developed in them.

Aristotle said that it was not the doing of a thing, but the habit that was formed in doing it, that made it beneficial. Phrenology shows on a more practical basis than psychology how we can apply and utilize the various faculties of the mind. Introspection was recommended by psychologists, but introspection needs to be handled very carefully. I know of a girl who studied introspection so conscientiously that she wound up in a lunatic asylum. We have found that Geo. Francis Train possessed large self-esteem, but to balance this faculty one must cultivate the virtue of humility and the principles of Christianity. Professor Sizer once said the American people had not enough self-respect, but John Bull had a great deal of it. Education modifies self-esteem, and takes it down a peg. In educational lines we can show children how to develop these characteristics. Although McKinley and Mark Hanna were very different from each other, yet they were able to harmonize their lives perfectly. McKinley held his own even with so forceful a man as Hanna. Approbativeness will make you adaptable to others, while self-esteem often makes an enemy through the expression of egotism. With children we can discover the defects that they possess, and by knowing what each child is likely to do, a large percentage of success will crown his efforts. Mr. A. T. Stewart, when sitting at a banquet at one time, could only take crackers and water, for he had no appetite or digestive power for other food. Russell Sage cannot enjoy his wealth, because he has never cultivated his spirit of benevolence. One finds going up and down the trains, that nearly everyone is talking about how he can make money. This is because people were not brought to appreciate anything else; but what good is money and riches to those who care for nothing else. We should develop friendship, benevolence, a love of home, father and mother, for we have only a few years to live.

When I was studying in the hospital, I happened to mention to a friend that I must get a pair of shoes. He at once began to tell me where I could get shoes at half the price they sold them at in other stores. When I wanted to buy a hat, he advised me where I could buy a reasonable headgear, so I asked him one day how it was that he gave so much time to the finding out of cheap goods, for I never seemed to have the time to do so. "Well," he said, "my father is a banker, and I have been brought up to hear nothing else at table but how we can save money." He was a wealthy man, but he had concentrated his thoughts on the saving of every penny that he legitimately could, believing it was the right aspect to take in life.

I see that Mr. Streever, the gentleman who was to speak to us about specialized education has just come in, but as it is rather late in the evening, and Dr. Carleton Simon has also made his appearance, I will not detain you longer, but call upon the latter gentleman to address you.

DR. CARLETON SIMON'S ADDRESS.

Dr. Carleton Simon was then introduced by the chairman as the gentleman who desired to present to The American Institute of Phrenology a death mask of Geo. Francis Train, and he was requested to tell some particulars of the autopsy of the brain at which he, Dr. Carleton Simon, had assisted.

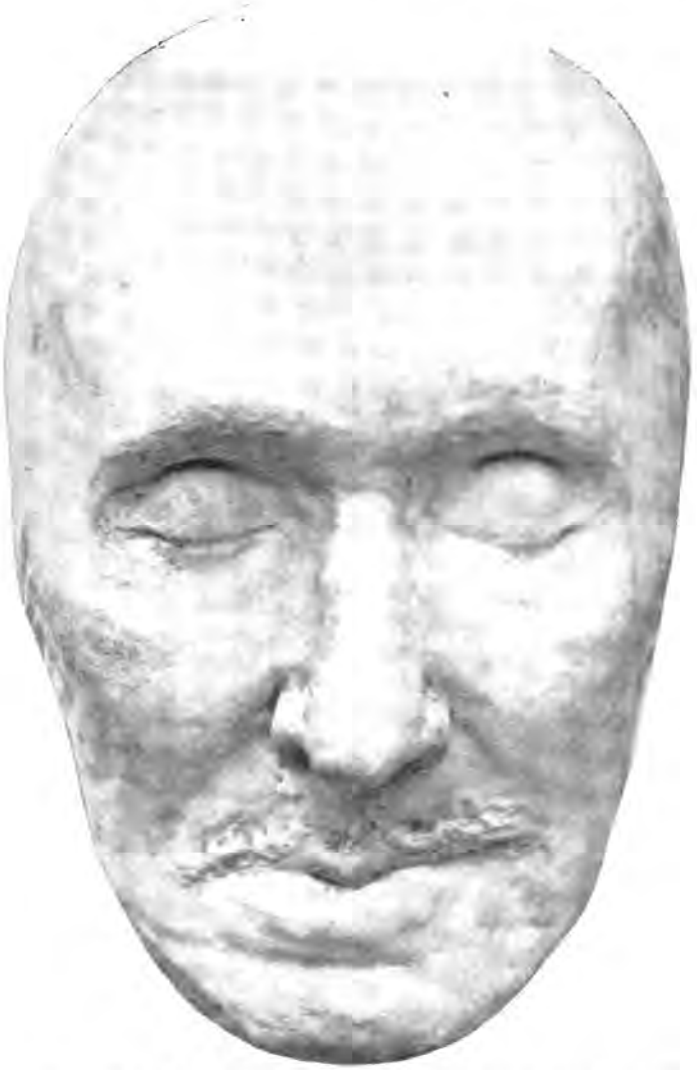
Dr. Simon said in part: It is with a feeling of pleasure that I am able to present to this Institute, in preference to all others, the death mask of my friend and patient, Geo. Francis Train. Of course, it was with a feeling of deep regret that such a mask was taken, but I felt that I was simply carrying out his own wishes, and desires of his family, for it was his special request that a mask be taken and presented to this Institute, as he was well acquainted with its promoters and officers, and had often discussed their work with me.

In presenting this mask to you, I feel not alone honored that this task should have been allotted to me, but as well feel that were he here, he would be glad that he is able to contribute something for science. It will also give you, and to others to come, an opportunity to study this noble man, for I feel sure that the eccentricities he possessed should be better understood than they were when he was alive.

Mr. Train was always willing to contribute his life to science, and this is exemplified in a little incident that occurred about eight years ago. I was making some experiments with the ultra-violet rays, at that time not understood, and was using tremendous currents of electricity in my work. I happened to remark to Mr. Train that I was looking for a subject upon whom to try my experiments, but felt it would be difficult to find someone, as the experiments were exceedingly dangerous. With that spontaneity which Mr. Train always showed, he said at once, "You are at perfect liberty to experiment with me, as long as science be benefited, even though I die under the experiment." This one incident shows the generousness, nobility and unselfishness of the man. He was a man who loved the simple, the things close to nature, for he loved solitude, the flowers, the birds and little children. The eccentricities of the man hindered him from being properly understood, but he lived a life of purity

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and studiousness, as well as one of activity. In fact, few men live the life he did, and therefore his life can not be understood until his standard of thinking can be attained. His language was always definite and exceedingly brief. A word of his was so concrete and so masterfully chosen, as to be equivalent in meaning to a volume of some men."



THE DEATH MASK OF THE LATE GEORGE FRANCIS TRAIN.

Here Dr. Carleton Simon read a poem, composed by Mr. Train, on the "Life and Death of Robert Ingersoll." This poem, which with every line shows a deep and profound meaning, must be read a hundred times before it can be fully appreciated. It explains many of Mr. Train's views regarding life and death. He did not believe in wearing crape or mourning, but he considered that life and death should be surrounded with flowers.

The autopsy of the brain was made nineteen hours after death, January 19, 1904, and consisted chiefly in the removal of the brain from the skull, with a number of outlines taken by means of a flexible leaden strip, with measurements of the head and face. An incision was made into the scalp, running from both ears up over the head, the flaps were pushed forward and backward, and the upper portion of the skull removed by a circular saw-cut.

Usually it is an easy matter to remove the brain, but, in the case of Mr. Train, there were a number of difficulties that presented themselves. For instance, there were attachments of the Dura Mater to the

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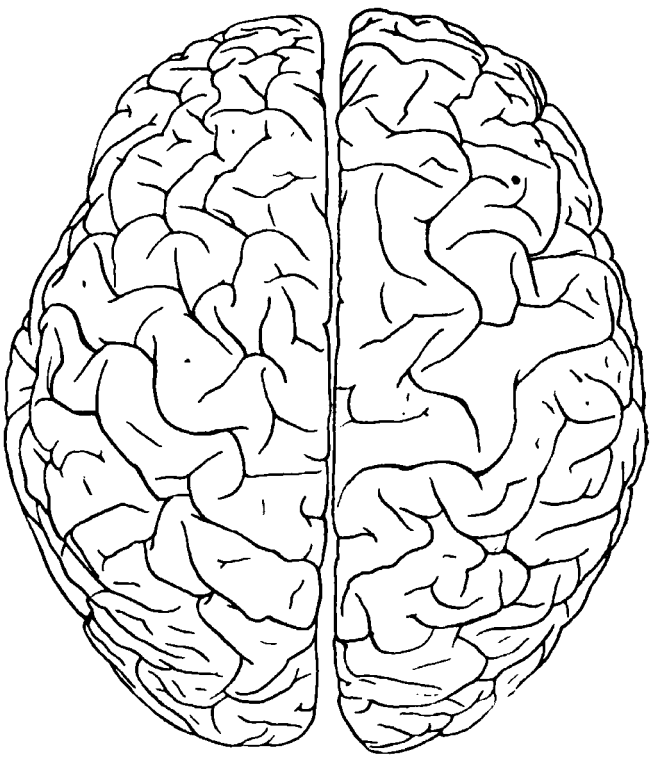
frontal and parietal bones of the skull. These attachments were, in the opinion of Dr. Edward Anthony Spitzka, who made the autopsy at my request, due to Mr. Train's habit of going bareheaded, and he did not consider it to have had any bearing upon his mentality.

I differ with Dr. Spitzka in this respect, for I believe that some inflammatory condition in the past produced them, and that much of Mr. Train's eccentricities can be traced to them. These attachments of the Dura Mater to the skull were over that portion of the brain which is known as Broca's center, or the center which controls speech, and the chief eccentricity of Mr. Train were in his speech and method of punctuating and writing words and ideas. In fact, to me it explains all of his eccentricities. I believe his eccentricities existed prior to his going around bareheaded, for the latter were in fact part of them.

The brain weighed a little over 53 ounces, and only a small amount of fluid escaped when the brain was removed. The brain of most men shrink after the prime of life has been reached, but when a brain is actively used, it continues to grow and develop, and to my mind, the brain of Geo. Francis Train, at seventy-four years, was still active, for it was filled with blood-vessels ramifying all over the surface with many more fine arterioles than are usually seen, and it demonstrated that he used his brain right up to the end of his life. When he was asked how old he was, he used to say, "I am seventy-two, three, or four years young," as the case may have been, and would not admit that he was growing old. Literally, this was true.

There were a few things that doubtlessly caused his death, which it may be well to mention here, for others to note and profit thereby.

From a hygienic standpoint he made one mistake—he never would wear special underwear, and at times wore none, neither in summer or winter, and never, as far as I know, ever wore in late years an overcoat. Consequently any change in weather directly affected his skin, lowered his temperature, affected the circulation, and ultimately produced kidney trouble.



THE BRAIN OF THE LATE GEORGE FRANCIS TRAIN.

He was a philanthropist of the highest order and fullest sense, appreciating sympathy, kind-hearted to a fault, although he did not court praise or admiration for whatever good he did. The world has seen few great men who had no enemies, but Geo. Francis Train had none, for he was beloved by everyone he came in contanct with.

He died a beautiful death; his limbs crossed, his hands serenely clasped together,

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his eyes closed, and with a smile of deep mysterious understanding, he passed away.

At the close of the meeting Miss Fowler tastefully accepted on behalf of the institute, the death mask of Geo. Francis Train, which Dr. Carleton Simon had kindly secured. She thanked Dr. Simon for his interesting speech, the details of which were very valuable. She wished that she had had an opportunity of being present when the autopsy was made, as she was when the brain of Mrs. Wells was preserved. She hoped the audience would think rationally about the subject of allowing their brains to be preserved, and a note concerning their willingness to do so should be sent to the institute, and a clause left in their will of this nature. She thanked the chairman for his able remarks, and announced that the next lecture on May 3d, would be given by Dr. C. O. Sahler, on "Suggestion, or What Can I Do for Myself and Others?"

A message had been received from Dr. Brandenburg, saying that he regretted not being able to be present, having to attend a medical convention in Albany.

The next half-hour was devoted to social intercourse.

Among those present were Mr. Charles Todd Parks, Mrs. Dye, Mr. and Miss Drew, Mr. Vanderbilt, Mr. and Mrs. Frank Eberhardt, Rev. Thomas Hyde, B.D., etc.

Report of the post-mortem examination of Geo. Francis Train, on the evening of January 19, 1904, at the Stephen Merritt Embalming Institute, No. 241 West Twenty-third Street, New York City.

The post-mortem examination was conducted by Dr. Edward Anthony Spitzka, assisted by Dr. Carleton Simon, and at the latter's instance and request.

The examination was begun at 9 P.M., about nineteen hours after death, and was completed at about 11 P.M.

The examination was limited to the head, including the removal of the brain, and a ventral hernia was also dissected out to ascertain its nature.

The following measurements of the head were obtained: Max. circumference, 58.1 cm.; max. antero-posterior diam., 19.8 cm.; max. lateral diam., 16.1 cm.; min. frontal diam., 10.7 cm.; glabella-inion diam., 19.8 cm.; occipito-mental diam., 23.8 cm.; bizygomatic diam., 13.8 cm.; bi-mandibular diam., 11.5 cm.; curve from glabella to inion, 36. cm.; curve from ear to ear, over vertex, 36 cm.

Measurements of face: Root of nose to base, 6 cm.; base of nose to chin, 7.1 cm.; vertex to chin, 23.5 cm.; breadth between pupils, 6.3 cm.; length of mouth, ext. ang., 6 cm.; left ear, length, 6.4 cm.; right ear, length, 6.5 cm.

Outlines of the head and cranium were taken with a lead cyrtometer, and they are appended to this report. The head was sub-brachycephalic (index, 81.33) and kephalonoid. There was no notable asymmetry of the cranium or face.

Next the removal of the brain was proceeded with. An incision was made, passing from ear to ear over the vertex, the flaps of the scalp being turned forward and backward, and the calva removed by a circular saw-cut. Some difficulty was encountered in the removal of the calva owing to adhesions of the dura to the frontal and parietal bones. The cranium measured: Max. antero-posterior diam., 19.2 cm.; max. lateral diam., 15.5 cm. (cranial index, 80.7).

The thickness of the cranium was within normal range, varying as follows: Frontal bone, 3 to 4 mm.; temporal bone, 2.5 to 3.5 mm.; parietal bone, 3 to 6 mm.; occipital bone, 3 to 7 mm.

The diploe were rather scant. The gyral impressions were well marked, the sutures were normal for a man aged seventy-five; there were no exostoses or wormian bones, and the general development of the cranial bones was good.

About half an ounce of cerebro-spinal fluid escaped during the operation of removing the brain. Aside from the frontal and postparietal adhesions of the dura to the cranium mentioned above, the dura was of normal appearance. The pacchionian bodies were rather less numerous than usual.

The brain was removed at 10.20 P.M., and was immediately immersed in a mixture of water and formalin, of a strength of about 12 per cent., together with enough salt to bring the specific gravity of the fluid up to that of the brain. Injection of formalin into the ventricular system by means of the tuber was also practiced. It was not practicable to weigh the brain until the following morning at 8 A.M., but that the weight of the organ had not materially changed in that period has been ascertained in experiments on other brains treated in the same way.

A death mask was also taken.

The brain weight at 8 A.M., January 20th, was 1,525.5 grams, or 53.81 ounces, avoirdupois.

The brain will be allowed to harden before any further examination is undertaken.

EDW. ANTHONY SPITZKA.

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THE

Phrenological Journal

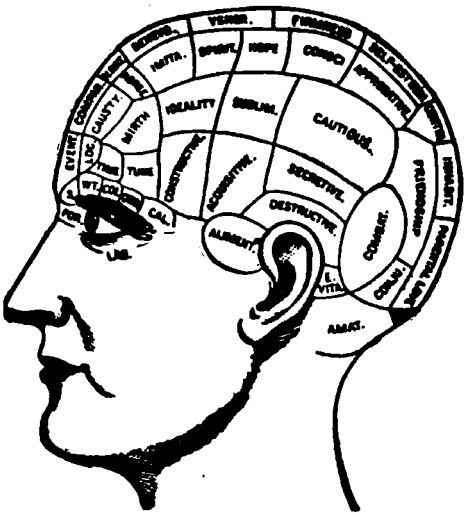
AND SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

Phrenological Magazine

(1880)



NEW YORK AND LONDON, MAY, 1904

"Phrenology is destined to be of universal help to all mankind."

GATHERING FLOWERS.

'Tis in the merry month of May,
When birds are singing all the day
Among the blossoms of the trees,
And leaf and blade bow to the breeze;
We gather lilacs, lilies fair,
Sweet violets, and daisies rare,
The stately snow-balls all in white,
Wistaria, and pansies bright;
And, many treasures, all untold,
Does Nature now to us unfold.
O! let us live close to her heart,
So that, to us she can impart,
Some useful lessons on our way,
And from her beaming face ne'er stray.

S. E. Baker.

PHRENOLOGY AND MENTAL DERANGEMENT.

Phrenology has successfully localized many serious mental derangements. Why cannot it be used to-day to clear up many of the doubts of physicians with regard to the indisposition, nay, more, the disturbed condition of the mind through some abnormal trouble or lesion of the brain. Quite recently a patient was taken to the Bellevue Hospital who was affected with what the doctors there call the laughing germ. She was unable to control herself. The following story is told concerning her, in the New York *World* of April 1st:

Father Smith, the Fire Department chaplain, engaged Margaret Winn as cook six weeks ago, won by her winning smile. Every one in the house was won, and smiled.

Last week she began to grin, and the chambermaid, the doormaid, and even the solemn Father grinned.

Three days ago she began to laugh. The house began to laugh. They laughed till their sides ached, just because it was contagious. It got to be trying, and they all quit and got serious but Margaret. She kept on laughing.

Two nights ago she laughed in her sleep and she was cautioned that her mirth was becoming tiresome. Margaret laughed more. Yesterday she laughed more than usual. Some one called a policeman to stop her and she laughed at him. He suggested a doctor. The doctor, after being laughed at, suggested an ambulance.

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Yesterday afternoon they took her to Bellevue Hospital, and Dr. "Brownie" Gregory said she was affected with the laughing germ.

They put Margaret in the psychopathic ward last night. She laughed all night, and the contagion spread even to the isolated pavilions. To-day the germ will be searched for by eminent alienists. They are convinced that something is wrong and that it is not Margaret's sense of humor that gives her laugh its staying qualities.

We shall watch the case with interest, as we have done others before of a similar character, and which have proved that the region around the organ of Mirthfulness has been seriously affected. We should have more hope of a right diagnosis of the case if the ones in charge of it were willing to study the localizations of Dr. Gall and others; and although many physicians to-day are seeing the necessity of applying the experiments that have been made upon various brain centers to the advantage of the patients, yet we fear that our friends at Bellevue are not yet ready to avail themselves of this knowledge, and will probe about for the laughing germ in a remote topographical area that has nothing to do with the real cause. If nothing had ever been done for patients suffering from laughter, we might be accused of reasoning inductively, but as persons have been cured of an affection or derangement of Mirthfulness, we can prove that our reasoning is purely deductive.

PRESIDENT ELIOT AT SEVENTY.

We have perhaps all showered our congratulations upon President Eliot on his having reached his seventieth anniversary, and the thirty-fifth anniversary of his presidency of Harvard. He is a man of singular balance of power, and his head carries out and corresponds with his every-day actions. In commenting on his anniversary, the *Evening Post* for March 19th says, that "Professor Eliot stands among the foremost citizens of the United States; were there a common denominator by which one could measure men of widely different talents and calling, he might rank the very first. His success is indubitably due in large part to a power which has wrought like the force of a glacier without haste and without rest. It is, as an educator that he enjoys the widest fame. For more than a third of a century—a period of unexampled material progress—he has been at the head of our oldest and richest university. He has thus enjoyed a unique opportunity to set his stamp upon the educational system of a nation, and this opportunity he has enjoyed to the utmost."

Against the old hard-and-fast curriculum—"one primer, one catechism, one rod for all children"—he has set his face unflinchingly to build up the electric system which at Harvard already rests on a firm foundation. This course, which met much opposition at first, President Eliot has lived to see accepted in every important college of the country. He has weathered the storm that raged about him twenty years ago, and has anchored in the desired haven. This advancement in educational work helps a lad to qualify in the studies for which he is most adapted, and which Phrenology has so long stood for.

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REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

"Practical Physiognomy," by Tasman G. Carey. Price, 25 cents. Pitt Street, Sydney, New South Wales, Australia. This pamphlet can be had of Fowler & Wells Co. This little book on the popular subject is calculated to do a great deal of good, and one can carry it in one's pocket and take it out when traveling in a car or trolley, and compare notes with persons of different facial expressions. It has a thick paper cover, is condensed in form, and is illustrated. There are chapters on noses, mouths, eyes, cheeks, etc. It will probably sell well.

"How to Read Character by Handwriting," by Henry Rice; published by W. Rossiter, Chicago. Price, 25 cents. As many persons are interested to-day in the development of character manifested in various ways, this little booklet on "How to Read Character by Handwriting" is opportune, and will no doubt take its place among similar books on the same subject. The writer tells us the best way to learn Graphology is to begin with one's own handwriting, and in the light of recently acquired knowledge to study its peculiarities. "Notice," he says, "how your moods and your state of health are affected by your handwriting." This will give you clews for similar manifestations in the chirography of others.

"Dress and Care of the Feet," by Dr. P. Kahler, New York. Price, $1.00. Dr. Kahler, and his father before him, have given a thorough study to the subject of how to dress the feet, their object being to prevent pressure in any part of the foot. When the Kahler shoes are once worn, and the comfort felt, they are not likely to be given up for any other style. They are thoroughly sensible, and as the pressure of the body is placed upon the feet, it is only right that we should have comfort with our feet, and avoid corns, ingrowing toe-nails, enlargement of joints, callosities of the sole, distortions of various kinds, misplaced joints and sore feet. Dr. Kahler's shoes are made in cloth and leather, and are thoroughly scientific in their make-up.

"Phrenological Guide," by L. Greenstein. Published, New York. Price, 50 cents. This booklet is published in the Hebrew language, and is calculated to interest the Hebrew race. It is illustrated with pictures of the brain and roots of cranial nerves, the vertical section of male brain, vertical section of the female brain, facsimile of medal in memory of Dr. Gall and pictures of Spurzheim and George Combe.

"Glimpses Into the Labyrinths of Nature," by Julius Kuhn, Philadelphia. Published by The Natural Truths Association, Conshohocken, Pa. Price, $1.00. This book enters into a natural investigation of the principal realities which we have to deal with in our life. It is dedicated to John Cooper Martin, who was interested in the production of its pages. The book treats upon such subjects as the following: "The language of nature, language and truth, birth of consciousness, constructive principles of creation and motions in creation.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent, and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

No. 740. A. A. B., Attica, Ind. This young lady has a highly nervous temperament, but she has enough vitality to overcome any excess of nervousness if she will take exercise in the open air, and learn how to sleep so that it will restore her used-up energies.

She can succeed in a perceptive line of work, namely in typewriting and shorthand, for she is quick to observe and notices defects quite readily. If she takes a sedentary position, however, she must offset it by riding on a wheel or walking, boating or tennis-playing. She must make up her mind she is not going to allow her nerves to get the mastery of her. She would make a very good teacher of stenography, or she could take up music and singing.

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No. 741. H. W. B., Attica, Ind. This child has an exceptionally well-balanced organization, and ought to show an evenness of temper and a faithfulness to her studies. She will be smart, and would make a good teacher, or could devote herself to some artistic work. She would enjoy millinery, especially the making of flower hats, and she will be able to design quite nicely. She has constructiveness, and ingenuity enough to succeed in dressmaking, but we believe that she will prefer teaching, for she will then come in contact with people, and although she is sensitive now, yet she will be excellent in reading character, and will make very few mistakes. She is her mother's girl, and will appreciate being petted occasionally.

No. 742. H. C., Paynes, Va. You possess a mental temperament and take pleasure in doing work with your brain, rather than with your muscles. Your brain can serve you in many respects, and save the expenditure of a great deal of useless energy. You do not appear to be lacking in force and executive power, and ought to be a good organizer, and enjoy planning out work for fifty or a hundred men. You must cultivate more language, and do justice to your knowledge and experience. Yours is an organization that needs plenty of fresh air, but you cannot afford to rough it as some men can. Become a civil engineer if possible, or a manufacturing chemist, but not an ordinary druggist. Try being a correspondent to some local paper, even if you do not receive any remuneration, for this will draw you out, and help you to appreciate yourself.

No. 743. D. L. B., Chilhowie, Va. This child is old for her age. It is difficult to squeeze her into a little girl. She feels her importance, and will soon want to put her hair up and wear a long dress. She has quite matured thoughts, and can hold her own when left to look after things when her mother goes away and leaves her in charge. She will make a good disciplinarian, and will succeed in becoming a minister, teacher, medical missionary, reformer or some work that will draw her out in an intellectual and moral direction. She will be able to control herself, and this is saying a great deal, for many children of the present day want their own way.

744. A. M., Dawson, Minn. This young man is quite critical, keen in his way of gathering knowledge and quite lawyer-like in his type of mind. He would make a good insurance agent, or could succeed in criminal law, or as an expert examiner or commissioner. Another phase of his mind shows itself in his artistic ability. Thus as a mechanical draftsman or architect, he could become quite expert. Imitation, comparison and constructiveness being well developed.

THE FOWLER INSTITUTE.

The monthly meeting of the Fowler Institute held March 3d, a capital address was given by Mr. F. Cribb, F. F. P. I., on "The Practicability of Phrenology." Mr. Cribb dealt with the subject in an able manner and gave many instances in which phrenology might be made useful to the parents and business people.

A short discussion took place and a delineation was given by Mr. Elliott. A hearty vote of thanks was accorded to Mr. A. Dayes, who occupied the chair, and to the lecturer. Owing to the weather being so boisterous the meeting was not so large as usual.

We are glad to report that our students' monthly meeting held on the last Tuesday evening in the month is largely attended, and interesting discussions on phrenological problems and practical demonstrations of phrenological principles are the subjects treated upon.

Mrs. M. Willis, F. F. P. I., of Ramsgate, has been engaged in bazaar work in the north of London; her delineations were eulogistically referred to in the "Christian Commonwealth." Mrs. Willis is a very careful and reliable delineator of character.

Miss E. Higgs, Mr. F. Cribb, Mr. W. C. Bone, Mr. J. Asals and Mr. A. Dayes have also been engaged in phrenological work. We are glad to find so many fellows of the Fowler Institute busily engaged in propagating phrenological principles.

FIELD NOTES, U. S. A.

William Dawson is giving examinations in Erie, N. Dak.

R. M. Mobius is located in Winnipeg, Man., Can., where he is giving examinations.

H. W. Richardson is now located in Ann Arbor, Mich., where he is giving examinations and lectures.

V. F. Cooper is in Cœur d'Alene, Ida., giving examinations.

George Markley, Phrenologist, who is located in Pittsburg, writes: "Bust and books came promptly to hand from date of shipment. All in O. K. condition, for which accept my thanks."

John Welch is touring Kansas giving examinations and lectures.

"W. G. Alexander spent two weeks in Winnipeg, Canada, and did as usual good business and great credit to the science in general."

H. H. Hinman is giving examinations in Fort Worth, Texas.

E. A. Bradley is located in St. Peter, Minn.

Professor G. Morris gave four lectures at Norden Hall, Fergus Falls, Minn., on

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April 4th, 5th, 6th, and 7th. All the lectures were well attended. Many persons who heard the professor six years ago were in the audience. It is twenty-three years since Mr. Morris first lectured in this city. He has continued to make phrenological examinations during the month with marked success.

Professor L. Hummel, who had been giving a course of lectures in Jones' Hall, on phrenology, anatomy and hygiene, closed the series on Saturday night, March 26th. The lectures were well attended by the best class of people in town. He has a large list of the best illustrations in the form of diagrams, plates, casts, skulls, etc., that can be secured. These were displayed about the room and were used to illustrate his lectures. On the closing night he lectured on "Love, Courtship and Marriage."

On April 5th, at 7.30 P.M., Professor Hummel commenced a course of lectures in the Educational Hall, at Reinerton. The people of the uper end of the valley were much benefited by attending his lectures.—West Schuylkill Herald, Pa.

During the month we have had calls from a number of old graduates, and on the 8th, Miss Gillis, a friend of Mrs. Miller of Reading, Pa., called to see us. Mrs. Miller is now over eighty years of age, and is a subscriber of THE PHRENOLOGICAL JOURNAL of long standing. She attended the lectures given by Mr. Fowler many years ago in Reading, and keeps her general interest in the subject.

Miss J. A. Fowler was asked to speak for the Society of Musical Therapeutics to be held at the Noonday Club, No. 44 West Thirty-seventh Street, on April 16th. The subject of the address was The Influence of Music Upon Temperament. Illustrated with music. A fuller report of this meeting will be given in our next issue.

BRIEF NOTICE OF THE WEDNESDAY MORNING LECTURES.

The Lenten talks for March were brought to a close on the 30th. On March 16th, Mrs. Clarence Burns and Dr. McGuire were the guests of honor. On March 23d, Mrs. Emma Moffatt Tyng, Miss Drew, Miss Hammann, and Miss O'Brien were the guests of honor.

On March 30th, Mrs. John Trow, two deaconesses of the Eighteenth Street Church, and Mrs. Ryers, were the guesets of honor.

Some interesting topics came under discussion with regard to child culture, and many were the expressions of regret when it was found that this was the last morning talk of the season.

NOTICE.

On Tuesday evening, May 3d, Charles O. Sahler, M. D., of Kingston, will lecture before the American Institute of Phrenology, on Suggestion, or What Can I Do For Myself and Others. Dr. Sahler is too well known to need any extensive introduction to our readers and friends, and as his subject is a popular one, we are sure that the occasion will bring together many earnest inquirers from all parts of the city.

Dr. C. W. Brandenburg will occupy the chair, and Miss Fowler will make some phrenological examinations at the close.

OUR CORRESPONDENTS.

We are pleased to acknowledge a letter from S. E. B., Brooklyn; M. B. M., Frankford, Kan.; A. R., Market Weighton, Eng., and L. J. Z., Indianapolis, Ind., in reply to the prizes offered in the JOURNAL. These will be replied to in the next issue.

J. M. W., Belfield, Va.—You say you have never been able yet to locate Language and have some difficulty in judging of its development under the eyes, as some persons with sunken eyes seem to have a greater flow of words than those whose Language is apparently larger in development. We often made the statement that it is unwise for anyone to be guided by one faculty alone in the make-up of a character, for the reason that there is a sympathy that is ever at work among the faculties, and this interest accounts for the various shades and degrees of intelligence noticeable in different people. Thus a person with a full development of Language may talk about many things that concerns him, but a person who has an average amount of Language, with large Constructiveness, Causality, Comparison, Human Nature, and perceptive faculties, will have a better informed mind and have more to relate and be more easily drawn out than the person who has simply a full development of Language and a poorly developed mind in the above-named faculties. We must make our investigations in a broad, liberal, and scientific way, so that we need not make mistakes in our observations.

THE FACULTIES.

MARGARET ISABEL COX.

"My mind to me a kingdom." True
And wise these words. If we but knew
There is within the mind-domain
That which will bring us loss or gain,
The "faculties" that mar or make
The Self, just as we will. We take
Them, heritage of good and ill;
They're good or ill just as we will.

They're forty-two in number. They
Are placed in groups, and we obey

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Their each command or we have throne
O'er them. Phrenology alone
Tells us just where each faculty
Abides. Dear wise Phrenology!
Their place and purpose she imparts.
In Social Group that touches hearts
Are Amativeness, that is, love
Of man and woman. Just above
Is Conjugality, the true;
Philoprogenitiveness, too;
Then Friendship, changeless, loyal, leal;
Inhabitiveness, loving weal
Of home and country. And the last
Is Continuity, "hold fast."

Propensities of Self embrace
Vitativeness and, near its place,
Combativeness, that knows not fear.
Destructiveness, too, is quite near,
And Alimentiveness. Above,
Acquisitiveness that has love
Of gain; Secretiveness. All these
Are good or ill, just as we please.

Above these all like jewels fair
The Moral Faculties. Here's where
Just Conscientiousness abides
And Hope sees that no ill betides.
Benevolence here has a shrine
With Spirituality divine
And Veneration. Firmness last,
Not least. And these are they that make
Us kin to e'en the angels, wake
Our souls to highest, noblest things,
And give resolves angelic wings.

Shall we be ruled or rulers, pray?
They are our subject-friends to-day,
These "faculties." To-morrow's call
May be too late, and they foes all.
By them is wrought the morrow's fate
But as we will. We ope the gate
To good or ill. We choose our own,
And life is serfdom, life is throne.
The Selfish Sentiments. They are
The timid Cautiousness, not far
From Approbativeness. Quite near
Is Self-Esteem, to Self most dear.

The Sentiments of Perfecting,
Each of its own domain is king.
Constructiveness, and near to it
Is Imitation. Here are Wit
And Humor, Mirthfulness;
Then Ideality to bless
With touch refined. The last is grand
Sublimity. At our command
They wait to do our bidding all;
But we must give commanding call.

The Intellect has Classes Two,
Perceptives and Reflectives, true
To purpose. The Perceptives—eyes—
Individuality, Form, Size,
Weight and Color, Order and
Then Calculation touching hand
With Tune. Then Time, Locality,
Eventuality. Lastly
Is Language, just beneath the eye.
Reflectives we must not pass by
Causality, Comparison
With Human Nature and just one,
Agreeableness, that smoothes o'er
Life's rugged places. They are four
Good servitors, or else do we
Their will obey and vassals be.

SENSE AND NONSENSE.

Make it a rule, and pray to God to help you keep it, never, if possible, to lie down at night without being able to say: "I have made one human being, at least, a little wiser, a little happier or a little better this day."—Charles Kingsley.

We are very foolish to attempt to entertain two guests so hostile to one another as Christ and Satan. Christ will not live in the parlor of our hearts, if we entertain the devil in the cellar of our thoughts.—C. H. Spurgeon.

Aunt (severely)—How dare you take the money from your missionary box?

Willie—Didn't you say I was a regular little heathen?

"You are far worse."

"Well, I was saving the money for the heathen; and first come first served."—Tit Bits.

"Do you believe in woman's suffrage?"

"Well," answered Mr. Meekton, "sometimes I think it would be a convenience if the ladies could go to the polls themselves instead of giving us instructions and taking chances on mistakes."—Washington Star.

Wife of Eminent Philanthropist—My dear, what are you thinking of? You gave that poor man only 10 cents.

Eminent Philanthropist—I know it, Amanda. It will be $10 when it gets into the anecdote columns.—Chicago Tribune.

A DRAWING TEST.

Every girl or boy who has been at a donkey party will be pleased to know how to behave at a pig party. It contains as much hilarity as those gatherings, and is easier. Everybody at a party is required to draw with a pencil on white paper, two pigs. One drawing must be made without taking the pencil off the paper. The second drawing must be made with the eyes blindfolded, after which the paper must be signed. The fun comes when a comparison of the drawings takes place, and the prize in competition is given to the draughtsman of the best pig. The person who makes the worst drawing is called the pig.

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FOWLER & WELLS CO.

On February 29, 1884, the FOWLER & WELLS CO. was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of Fowler & Wells.

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of **FOWLER & WELLS CO.**

THE SUBSCRIPTION PRICE of the PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE is $1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to Fowler & Wells Co., and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the PHRENOLOGICAL JOURNAL and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Human Nature"—San Francisco, Cal.—This magazine for April opens with an article on "Atavism," by C. P. Holt. The article is illustrated, and should be read in its entirety. Other articles of moment are "Phrenology and the Medical Profession," "Development of Mind and Talent," among other interesting and thoughtful articles. Mr. Haddock is indefatigable in his efforts to promulgate the science of phrenology.

"Suggestion"—Chicago, Ill.—This magazine stands for the new psychology for health, happiness and success. In the April number there are articles on "How to Cultivate Optimism Through Auto-Suggestion," by Herbert A. Parkyn, M.D., Editor. "Radiant Energy," is an article by Prof. Ed. L. Larkin, while still another interesting article is on "Thought Force as a Factor in Muscular Development," by Louis R. Muller.

"Philadelphia Commercial List and Price Current"—Philadelphia, Pa.—This paper is a business medium, but it also contains a sheet calculated to be interesting to home readers.

"The Methodist Episcopal Times"—Moundsville, W. Va.—This paper contains short editorial notes which are sure to be appreciated, and it combines both secular and religious news, which we believe is a means of much good to the readers, and it is sure to elevate the religious element in the neighborhood.

"The Waynes County Alliance"—N. Y.—This paper is published in Sodus, and has quite an interesting air about it. It is astonishing how much can be condensed into a little space of printed matter. Certainly the art is well studied in this paper.

"Waterloo Observer"—N. Y.—This paper is quite interesting, and appears to be carefully edited, and on this account many things are included in its columns which would otherwise be excluded.

"The Daily Standard Union"—Brooklyn, N. Y.—Is an important paper of twelve pages; it is therefore much larger than the ordinary up-state weeklies, and is capable of enlarging more fully on the questions of public interest.

"The School Physiology Journal"—Boston, Mass.—This magazine always contains something of interest concerning the most important branch of temperance work, namely, "The Temperance Scientific Instruction in Schools." As most people are aware, at least those who are enlightened on this subject, there is a continual need to set before the children of the country a proper understanding of the effects of alcohol upon their system.

"The Literary Digest"—New York—This weekly for April 9th contains two interesting reviews, one on "The Language of the Mind," and the other on "The Different Forms of Memory." Both articles are calculated to set people to thinking.

"Human Culture"—Chicago, Ill.—Contains articles on "Gospel of Discontent." "Heredity and Genius," "Cheerfulness," and "Are You in a Rut?" among other interesting articles.

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"The Hospital"—London, Eng.—This monthly always has something of interest on medical topics of the day. Its opening editorial is on "Skipping as an Exercise." As this is a form of exercise frequently indulged in by children, it is interesting to note that Dr. Bond realizes its physiological benefit.

"Our Dumb Animals"—Boston, Mass.—The editor says that "War is Hell" for horses, and that there are hundreds of able, intelligent, honest and humane men in Massachusetts alone, any three of whom, if properly authorized, could have settled the difficulty between Russia and Japan (just as it ought to be settled), without the sacrifice of a single life.

"The Gentlewoman"—New York—This monthly has hints for all. Some of its headlines run as follows: "The Family Doctor," "Household Hints," "Cookeries Hints," "Pearls of Wisdom," "Fancy Work," "My Lady's Toilet," etc., besides a tale or two, which appear in each number.

"The Delineator"—New York—Contains a series of articles from month to month on "The Homes of Celebrated Actresses." "Naudica and Her Beautiful Home," was an illustrated article in a recent number. Dr. Murray is a popular writer on "Hints for Ladies," especially on face massage, and other points of interest to women. The pattern department is always interesting to lady subscribers.

"Review of Reviews"—New York, April—Is full of interest concerning the events of the day. Its illustrations help largely to educate the people, and interest the readers concerning foreign lands.

"The Church Messenger"—St. Louis, Mo.—This monthly is edited by the Rev. S. C. Edby, and its opening article, in the form of an editorial, is upon "The Impersonal Love of Our Personally Beloved." This, and the sermon, "The Basis of Friendship," are two worthy articles for consideration and helpful study.

"The Bridgeton Pioneer"—Bridgeton, N. J.—This local paper has an editorial on "Liquid Fuel at Sea." It gives the experience of the Nebraskan who has been halfway round the world using oil exclusively as a fuel. Something over ten thousand barrels, in bulk, were placed in the double bottom of the vessel, of which amount 9,300 were used. The chief advantages demonstrated by the trip were that no new supply of fuel was needed on the long voyage; that the stoke-room force was reduced from twelve to three men, whose pay was higher than that of any three stokers, though not so great as that of the twelve would have been; that three-quarters of the space formerly occupied by coal was available for cargo, thus increasing the ship's earning capacity, and that the actual cost of the fuel was much less than that of the necessary coal.

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A special feature of the April lecture at The American Institute of Phrenology, was the presentation by Dr. Carleton Simon of a death mask of the late George Francis Train, taken by Dr. Simon and Dr. Anthony Spitzka at the autopsy, January 19, 1904.

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Charles Wesley Brandenburg, M.D., President of the American Institute of Phrenology, Professor of Hygiene in the Eclectic Medical College of the City of New York, Graduate of the American Institute of Phrenology, will lecture on Anthropology and Phreno-Hygiene, or the Laws of Health, as applied to Body and Brain; Foods, and their chemical influence upon the body; Exercise, and the effects of Narcotics and Stimulants on the human system; also the health stimulus of each of the Phrenological organs.

The long and valued friend of the science, Henry S. Drayton, M.D., LL.B., A.M., Professor of Nervous Diseases and Insanity in the Eclectic Medical College of the City of New York, who has been connected with THE PHRENOLOGICAL JOURNAL for over thirty years, will lecture on the History of Phrenology, Psycho-Physiology, etc. His lectures are thoroughly scientific and scholarly, and include the results of the latest investigations upon the subject of Cerebral Physiology.

Miss Fowler, daughter of L. N. Fowler (who assisted her father and Professor Sizer in their work), Vice-President of the American Institute of Phrenology, Graduate of the Woman's Law Class of the New York University, will lecture on Phrenology in its various bearings, namely, Its Theory and Practice, the Temperaments, Brain Dissection, according to Dr. Gall, Physiognomy, Ethnology, Choice of Pursuits, Marriage Adaptation, and the Practical art of Examining the Head and delineating character from Living subjects, skulls, casts, etc.

D. M. Gardner, M.D., who has had a wide experience, will prepare students in Anatomy, Physiology, Brain Dissection, Insanity and will lecture on the above subjects, including Respiration, Circulation and Digestion. His dissection of the brain is always interesting and instructive and is a special feature of the course.

Julius King, M.D., graduate of the Medical College, Cleveland, Ohio, will give several special lectures on the Eye and Color-Blindness, also hints on Physiognomy. These lectures are illustrated with models, etc., and tests are given among the students of their ability in detecting various shades and colors.

The Rev. T. Alexander Hyde, B.A., teacher of Elocution and Voice Culture in relation to public speaking, is a graduate of Harvard College, the author of "The Natural System of Elocution and Oratory," etc., will give special instructions in regard to the training of the voice for practical purposes in the lecturing field.

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The importance of the work done by a scholarly and conscientious phrenologist is second to none, for he can greatly add to the power and usefulness of everyone who consults him. However, no one should undertake the responsibilities of this profession without proper preparation for the work, and this can be acquired better through the course of instruction afforded by the Institute than in any other possible way.

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EXCHANGES.

"The Literary News"—New York—Contains for the month of April a review of Wagner's "Parsifal," taken from the "Nation." "The Twentieth Century Artistic Temperament" is described by Elaine Thompson, from "The Woodhouse Correspondence." Some people use the word "temperament" as promiscuously as the word "psychology." It seems to be a favorite term to describe what cannot be put into words in any other way.

"Medical Times"—New York—Under the heading "Correspondence," there is an excellent article on "Child Labor," written by A. L. Benedict, M.D. The number is full of interesting medical points. The article on "Spring and Autumnal Catarrh and Asthma" should teach many persons suffering from these general and national weaknesses. The remarks on pneumonia are also instructive.

"The Club Woman"—New York—In the April number there is an article on "Mrs. Clarence Mackay." One article on "The Use and Abuse of Opportunities" is by Mrs. Eldridge J. Moore, and sets forth some very good points on the subjects. "Our Women Teachers in Elementary Schools, High Schools and Colleges" is the title of a department which is superintended by Mrs. Harry Hastings, and, from month to month, is sure to be of interest to a very large number of its readers.

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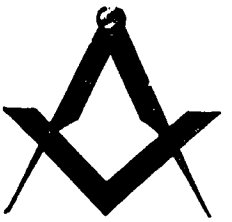
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TABLE OF CONTENTS

Frontispiece—The Language of Eyes, by J. A. Fowler—A Recent Visit to Tiefenbrunn and Longuich, by James Webb—Character Sketch of Mr. Frank C. Jarvis (*with portrait*), by D. T. Elliott—The Study of Phrenology, by J. P. Blackford, F.B.P.S.—Character Sketch of Miss A. Brackenridge, F.F.P.I. (*with portrait*), by D. T. Elliott—The Use and Abuse of Registers, by John William Taylor—Character Study, by R. Dimsdale Stocker—Individuality, by John Henry Wild, F.F.P.I. Hons.—Character Sketch of Mr. John Asals, F.F.P.I. (*with portrait*), by D. T. Elliott—Personal Magnetism (*with portrait*), by A. Verner, F.A.I.P.—Phrenology and the Ideal, by W. K. Smith, N.P.S. Hons., F.P.I. Hons.—Physiognomy and Phrenology (*with portrait*), by W. Hatfield—Character Sketch of Mr. E. Morris (*with portrait*), by D. T. Elliott—Phrenology in the Field, by C. De Lancey Allen—Phrenology: Its Use in the Schools, by L. Genivieve Doll—Phrenology the Basis of a True Education, by Rev. F. W. Wilkinson, F.F.P.I.—Character Sketch of Mr. Lipman Greenstein, F.A.I.P. (*with portrait*), by D. T. Elliott—Phrenology the Nation's Right Hand, by Theodore Wright—Memory, by Adena C. E. Minott—Ethnology, or Races of Mankind, by J. A. Fowler—Phrenology, and How Its Objectors May Be Met, by W. Rockwell-Kent—Hints to the Wise, by T. W.—Phrenology and the Practice of Medicine, by Elizabeth W. Smith—Phrenology as a Science (interview with Professor E. Morris)—Phrenology and Its Uses in the Photographic Art, by W. H. Drouatzky—Reports of Institutes and Societies—Field Notes—The Register of Phrenological Practitioners and Lecturers.

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(1838)

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AN INTERNATIONAL MAGAZINE ON MENTAL SCIENCE, HEALTH, AND HYGIENE

CONTENTS FOR JUNE, 1904

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PAGE

I. **St. Louis and Her Representative Men.** David R. Francis, Walter B. Stevens, W. H. Newman, Oscar G. Murray, Chas. M. Hays, Howard Elliott, B. D. Caldwell, L. F. Day, Harrison I. Miller, Rollo Wells, etc. Illustrated - 171

II. **Phrenology for Ministers.** By M. Tope - 178

III. **Practical Psychology.** Intellectual and Constructive Imagination - 179

IV. **The Cranial Measurements of the Heads of Three Murderers and Robbers.** By J. M. Fitzgerald - 181

V. **Men and Women of Note.** Prominent men in the St. Louis Exposition. The Mayor of St Louis. Miss Eva Augustus Vescelius. By J. A. Fowler Mr. L. V. Harcourt, M.P., by D. T. Elliott - 182

VI. **The Science of Health.** News and Notes, by E. P. Miller. Bronchitis. Mark Twain on Medicine. Exercises for June. Cure for Felon. Knowledge is Power, by Julia Colman. The Exact Science of Health, by Robert Walter, M.D. - 189

VII. **The Psychology of Childhood.** A. F. R. By Uncle Joe. Illustrated - 193

VIII. **The Education of Infancy.** By Mr. Vincent - 194

IX. **The Rationale of Phrenology.** By Rev. F. W. Wilkinson - 195

X. **Reviews.** Laura Bridgman. Illustrated - 196

XI. **Editorials.** A Thought-weighing Machine. A Case for the Psychologist. Illustrated by portrait of Wallace H. Ham. Among the Roses, a Poem. By S. E. Baker - 199

XII. **To New Subscribers** - 201

XIII. **Our Correspondents** - 202

XIV. **The American Institute of Phrenology** - 203

XV. **Field Notes.** Prize Award - 203

XVI. **Sense and Nonsense** - 204

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VOL. 117—No. 6] JUNE, 1904 [WHOLE No. 786

St. Louis and Her Representative Men.

By J. A. FOWLER.

DAVID R. FRANCIS, PRESIDENT OF THE LOUISIANA PURCHASE EXHIBITION.

Having inherited from his distinguished ancestry his superior nobility of character, David R. Francis is particularly well adapted for the chosen office of president of the Louisiana Purchase Exhibition. He has sterling qualities, which make him an executive man, and being an executive man, he is able to push forward any enterprise of wide-reaching influence. His experience in the commercial affairs of his city and State enable him to realize the needs of



DAVID ROWLAND FRANCIS, PRESIDENT OF THE LOUISIANA PURCHASE EXPOSITION COMPANY.

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such a position, his keen intellectuality of mind, his foresight in looking ahead and preparing for emergencies, his practical judgment in considering the ways and means of such a gigantic undertaking as the present exhibition, all tell to his advantage. He has a unique character, and few men are better able to wield more influence, or have so much power in drawing together the various interests, commercial and intellectual, as David R. Francis.

He is a man of rare qualities in that he can adapt himself to many circumstances, and as a man among men, being called upon to meet all the nationalities of the world he will be able to create a feeling of comradeship that will draw together the interests of the world, and leave a friendly feeling in the mind and conscience of those who visit the exhibition from other lands.

He is a social magnet, as well as an intellectual one, and consequently he will lay out no small effort to make the work of the exhibition a success.

We trust that all his anticipations will be realized to the fullest extent.

Biography.

David Rowland Francis, President of the Louisiana Purchase Exposition Company, and ex-officio Chairman of the Executive Committee of the corporation engaged in the construction of the World's Fair which is being held at St. Louis, was born at Richmond, Madison County, Kentucky, October 1, 1850. His father, John B. Francis was a descendant of a prominent Virginia family and a polished gentleman of the old Southern type.

The founders of the family in Kentucky were pioneer settlers, and the grandfather of David R. was a soldier in the war of 1812. His mother, Eliza Caldwell Rowland, was a descendant of David Irvine of Lynchburg, Virginia, whose ten daughters were among the most distinguished of the pioneer women of Kentucky, and left their impress upon the history and social characteristics of the State. The Irvines were of honorable Scotch lineage and its representatives were among the earliest colonists of Virginia.

David R. Francis inherited the physical and mental qualities of his sturdy ancestry. His primary education was received at Richmond Academy in his native town. Removing to St. Louis in 1866, he entered Washington University and was graduated in the class of 1870. He immediately entered commercial life, and for the next five years was employed as shipping clerk and in other capacities by a wholesale grocery house. In 1877, he engaged in the grain business on his own account, and seven years later founded the well-known D. R. Francis & Brother Commission Company, and entered into the exportation of grain, which has largely engaged his attention since that time.

Though one of the youngest members of the Merchants' Exchange, Mr. Francis obtained prompt and decided recognition for business sagacity, success in operations and prudent foresight, and was made Vice-President of that body in 1883, and in 1884 was elected President. He is identified with many of the most important business institutions of the city, and is at the present time a Director of the Mississippi Valley Trust Company, and Vice-President of the Merchants-Laclede National Bank. He is a large stockholder in the St. Louis and Colorado Railway Company, and greatly interested in the present construction of that line into the West and Southwest. He is also closely identified with the organized charities of the city.

In 1885, Mr. Francis was the Democratic candidate for Mayor of the city of St. Louis, and in spite of an adverse majority of 14,000 votes at the last preceding election, he was elected by 1,200 majority. His administration was a purely business one, and judging from results, was eminently successful. He brought about the reduction of interest on the municipal indebtedness from six and seven to 3.65 and 4 per cent.; enforced the payment of a judgment of $1,000,000 against the Pacific Railway Company; insti-

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tuted reforms in the departments of the city government; forced the reduction in the price of gas from $2.50 to $1.25 per thousand feet, and was instrumental in extending the city's water supply. His vigorous and successful advocacy of street reconstruction has placed the city of St. Louis in the ranks of the best paved cities of the United States. He was the progenitor of the "New St. Louis" of to-day.

In 1888, he was nominated by the Democratic Party and elected Governor of the State of Missouri. His administration was so completely successful that it is yet pointed to as a model. It was clean, broad, economical without parsimony, patriotic and progressive. He gave much thought to, and in a most efficient manner promoted, the cause of public education, particularly aiding the State University and elevating its standard and exalting its reputation to its present renown.

Retiring from office at the close of his gubernatorial term, Governor Francis resumed his business affairs with his former enterprise and success. In 1896 he was called by President Cleveland to his Cabinet as Secretary of the Interior, and immediately brought into this larger public service the energy and thoughtfulness he displayed in lesser public stations and in his private business.

In the course of an exceedingly busy life he has found time to solve the problems of government and also educate himself in art, literature, and science, and few men of his age are possessed of as many and varied accomplishments. He is an attractive public speaker, is entirely democratic in his tastes and has a natural and charming personality.

When the World's Fair enterprise came to be considered, by common consent and absolute unanimity Governor Francis was called on to head the gigantic enterprise. He accepted the commission and entered upon the work with a zeal and determination that were infectious, and gave inspiration to his lieutenants. He devotes, entirely without compensation, nearly all his time to the World's Fair work, and has organized it so thoroughly and systematically that its success is already assured.

Governor Francis was married in 1876 to Miss Jennie Perry, of St. Louis, and they have six children, all boys.

The Governor's home in St. Louis is one of the most beautiful and well appointed in the city, and is the seat of a charming and refined hospitality.

THE WORLD'S FAIR SECRETARY.

Walter B. Stevens, secretary of the Louisiana purchase exposition is a man of keen ability and resourcefulness of



WALTER B. STEVENS, A WELL-KNOWN NEWSPAPER MAN, AND NATIVE OF CONNECTICUT.

mind. He is a man capable of working out details and this is necessary in one who has to carry in his mind the affairs of so large an undertaking as the World's Fair of St. Louis.

Walter B. Stevens, Secretary of the Louisiana Purchase Exposition, is a native of Connecticut. He was born at Meriden in July, 1843, and when he was five years of age his parents moved

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to the West. He was educated in the schools of Peoria, Ill., and at the University of Michigan at Ann Arbor. Ten days after his graduation in 1870, at the age of twenty-two, he became a reporter on the St. Louis Times. For the next ten years he was employed on the Times, Dispatch and Times-Journal, in responsible newspaper positions. After serving as city editor of the Globe-Democrat and staff correspondent of the paper, he was made its Washington correspondent, in 1885, by the late J. B. McCullagh. In that important position for sixteen years, he was brought into close relations with public men.

Between sessions of Congress Mr. Stevens wrote many series of signed articles on subjects he was commissioned to investigate, and a large amount of special correspondence. The signature "W. B. S." is to every American newspaper man a guarantee that the matter is at once readable and reliable.

Among his classmates at Michigan University were William R. Day, late Secretary of State, and now United States Circuit Judge; Professor Bernard Morse, of the University of California, and now a member of the Philippine Commission.

LOUISIANA PURCHASE EXHIBITION, ST. LOUIS, MO.

If no better result accrues from the holding of the Louisiana Purchase Exhibition, one important result will signalize the event, namely, it will inform the world more definitely than it has succeeded in doing in the past of the importance of its commercial center, and its training school for many of our important men scattered up and down the country. It will bring before the notice of the world, and in many parts for the first time, that the city of St. Louis has the largest market in the world for hats, hardware, lumber, millinery, crackers, reclining chairs, gloves, caps, American-made chemicals, saddlery and harness, trunks, bags, proprietary medicine, and tobacco.



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That it is the third largest grocery, clothing, and dry-goods market in the country, the second largest shoe and boot distributing point, fourth in rank of American manufacturing centers, one of the largest American receiving and shipping markets for fruit, one of the largest centers for the manufacture of street cars, and one of the largest horse and mule markets in the world, one of the largest coffee distributing centers, the second city in the world

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for the production of wheat flour, third in rank of American furniture manufacturing centers.

VARIED INDUSTRIES BUILDING.

The Varied Industries Building is a magnificent structure on the outer perimeter of the main picture of the Fair. The building presents a facade of 1,200 feet on the north and south and 525 feet on the east and west, giving 656,250 feet of exhibition space all on the ground floor. In the center of the north facade is a low dome flanked by towers about 200 feet high. These towering features afford ample space for electrical display and illumination. Numerous entrances are on the facades, exclusive of the main entrance in the center.



AGRICULTURAL BUILDING.

AGRICULTURE BUILDING.

The Agriculture Building stands on a hill just west of Skinker Road and about half a mile south of the Administration Building. Its dimensions are 500 by 1,600 feet. The long facade is broken up into bays accentuated by piers, the latter 100 feet from center to center. The ornamentation is concentrated in the main entrances, of which there are five; one in the center of each of the shorter fronts; one in the center of the front on Skinker Road and two in the western front. The openings in these entrances are 52 feet wide and 74 feet high.

EDUCATION AND SOCIAL ECONOMY BUILDING.

The Education and Social Economy Building of the Louisiana Purchase Exposition is of the Corinthian order of architecture. It is situated to the left of the main lagoon, and this and the Electricity Building are the only two buildings facing the Grand Basin with the cascades and approaches to the terrace crowning the hill on which the Art Building stands. While not the largest in area, its position makes it one of the most conspicuous buildings in what has been called the main picture of the Exposition. Eames & Young, of St. Louis, are the architects of the structure.

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RAILWAY MANAGERS.

Some of the men who have gone out from St. Louis to take positions of great power and responsibility in the railroad world are W. H. Newman, Oscar G. Murray, Charles M. Hays, Howard Elliott, B. D. Caldwell, John N. Faithorn, L. F. Day, Harrison I. Miller, E. P. Bryan, and W. H. Garret. It is not a little interesting at this time to note that the number of railroad men who have gone from St. Louis to fill high positions in railroad centers in other parts of the country is quite large. The mental caliber of these men, as seen in their portraits, show that they possess remarkable grit and executive ability. Some may think that they have developed their ability better in this local atmosphere, or have found the opportunity to attract notice to themselves that was not possible in other cities. However, the fact remains that more men have been called to high official positions from St. Louis within the last few years than has been true of almost any other city in the country. This class of men has also the recommendation of being self-made. They are men who have had to work hard to achieve the position that has been finally granted them. More credit is therefore due to them for the honors they have received, and they have proved to be stronger men because they have not arisen by favoritism, but the "survival of the fittest." Practically speaking they began at the lowest rung of the ladder, and by dint of their own ability have climbed steadily upward until they have received in St. Louis full recognition of their powers and have been selected by some of the great railroad corporations for the highest rank and responsibility.

In 1898, Mr. W. H. Newman gained the position of presidency of the Lake Shore & Michigan Southern Railroad, a position he assumed and filled with such executive ability that on the resignation of Senator Depew from the similar office on the New York Central he was elected by an almost unanimous vote of the board of directors, which is one of the most important and influential railroad positions in the United States.



THE EDUCATIONAL BUILDING.

Mr. Oscar G. Murray, now president of the Baltimore & Ohio Railroad, first attracted general notice in St. Louis for his exceptional ability. He began his career as a ticket agent, and although promotion in a railroad business is proverbially slow, yet Mr. Murray's ability "was the yeast in the dough" that sent him to the top within less than the average period it takes a

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clerk under normal circumstances to become assistant chief of a clerical department.

Mr. Charles M. Hays, general manager of the Grand Trunk Railroad, worked in St. Louis for a period of twenty-six years, and in this city rose from a very minor clerkship to the position of vice-president of one of the great railroad corporations that has its headquarters in that city. As his head indicates, he was known as a courteous and attentive boy in the office, and was so well liked that in 1874, when he applied to his chief clerk for a better position that official secured him a place with the auditing force. As a clerk he made himself indispensable to the superintendent; and, though the chance of promotion may have appeared remote indeed, he prosecuted his work as though the promise of a higher position had already been made. He not only followed orders implicitly, but he knew how to act without orders. He could think for himself, and the general superintendent soon came to know that he had a man in his clerical force who could be trusted to do things without a taskmaster standing over him. His Causality is one of the leading characteristics of his forehead, making him an excellent organizer.

Continued on page 182.



(1) ROLLO WELLS, MAYOR OF ST. LOUIS. (2) H. I. MILLER. (3) B. D. CALDWELL.
(4) C. N. HAYS. (5) H. ELLIOTT. (6) O. G. MURRAY. (7) E. P. BRYAN.

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Phrenology for Ministers.

By M. Tope, Bowerston, O.

What a pity that all the people of all the so-called civilized world are not good! Not that all should do the one and same thing in the same way—that would be irksome and unenterprising monotony and contrary to nature; but that each should understand the others as working in their own peculiar spheres and ways with pure motives, honesty and good will. What a wonderful change this means in the affairs of men? And thirdly, why are they not good?

The answer must be found in the statement that the amount of ignorance prevailing among the people is not being eliminated very rapidly by the progress of science, the spreading of the Gospel and other boasted civilizing influences. Connected with this is a carelessness or a cowardice relative to the performance of plain duty—for there is such a thing as knowing what is right and not doing it. Yielding to passional impulses, thoughtless haste, or the lack of system in the management of public and private matters; in short, the rapacious activity of some of the mental faculties to the exclusion of the counsel of the nobler and more deliberate ones accounts for the apparent disregard of goodness and right.

Now, the mission—business, if you please—of the minister is preeminently to teach, edify, moralize and to act as a spiritual adviser, both personal and congregational. But much preaching has come to be superficial repetition—old straw thrashed over; and the tendency is to let the worldly and the godly mix too closely together. Not long since, in conversation with a very able minister, we remarked that we thought most preachers make a mistake in not treating more of the fundamentals. He replied, "That is so." The writer believes ministers need to delve more deeply into the primary principles of Christianity and morality and make up their sermons with a wholesome and interesting compound of Scripture and science—God's laws in his word and works. The visitation of the penalties of the moral and civil laws are sometimes tardy, but when warnings and admonitions against wrong-doing are enforced by calling attention to the unfailing effects that follow violations of natural law, with which the others coincide, the work will be more fruitful and lasting, especially if the natural laws were better taught. All the preaching of the past, with all the help it could get from educators, moral lecturers and others, has merely served to keep mankind patched up religiously; and, if possible, why not improve the *modus operandi*, which must of necessity improve the results?

If the ministers of our country would study and apply Phrenology, it would more than double their influence for righteousness. Quite a number have studied this science with great advantage not only to themselves, but to all whom they served. Henry Ward Beecher was a special advocate of it, and he attributed most of his success in life to his knowledge of it, as it enabled him to know all he met, and knowing them he knew how to deal with them. He said: "All my life long I have been in the habit of using Phrenology as that which solves the practical phenomena of life." In San Francisco, Cal., the Rev. W. W. Case has recently made this science popular among the churches. He gave lectures upon it, examined heads, and applied the principles of the science together with the truths of the Bible to every-day life.

Ministers need a knowledge of the science of the mind to help them understand many of the expressions and terms used in the Scriptures, and to properly interpret them in a reasonable and sat-

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isfactory light for the people. Not long ago we heard a sermon from the text—"Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind."—Luke x, 27. It was well treated, as from the standpoint of the usual explanation and application. But how much more acceptable to the ordinary listener if the minister had explained in a simple manner how that the different terms belong to the mental and physical being, and he could then enlarge upon the application that people are not only required to keep their intentions, affections and bodily powers right, but that it is a large part of the business of life to find out by study and exercise of the intellect what virtues are included in the attainment of perfect character and conduct. Well might the Rev. P. W. Drew say, "To a phrenologist the Bible seems to open up its broadest and highest beauties."

Again, the minister needs to have a respect to each individual, physically and mentally—as to their conditions of health, nervous states, degrees of understanding, etc., and thus not do harm. To illustrate, in a physical sense, we have known preachers any one of whom by their working on the emotions of their audiences, have done more injury in one year to the nervous constitutions of many, particularly women and children, than all the physicians in a whole county could cure in ten years. Preachers should give wholesome sermons from their pulpits and not torture emotional and excitable persons with talk intended to move hardened sinners, and then treat each privately as his case requires. Phrenology will show them how to do this and win them.

Phrenology teaches man's religious nature and points out and analyzes his moral faculties and his relation to a Supreme Being and a future state. Its explanation concerning the nature of the soul is most edifying and felicitous. It certainly struck the first blow at materialism from a scientific standpoint in demonstrating a life beyond the grave. But it shows us how best to grow ripe in usefulness and enjoyment here, so as to have the highest possible starting-point when entering upon the future career. And it thus becomes a happy guide in all religious matters.

We would, therefore, specially and kindly appeal to all the ministers of every denomination who may read this to stop and investigate what this "handmaid of Christianity" can do for them in the way of saving men. Its happifying benefits are plainly and urgently needed. And don't, we pray you, allow false notions, prejudice or apathy to deter you from seizing upon this help, for the future moral and religious welfare of the race is largely in your hands.

Practical Psychology.*

INTELLECTUAL AND CONSTRUCTIVE IMAGINATION.

By intellectual imagination every kind of knowledge beyond the points of personal experience involve some degree of imaginative activity. This, according to Psychologists, is seen alike in the acquisition of new knowledge, and the discovery of new facts by conception.

By the process of acquisition is meant the recalling, selecting, and regrouping the process of personal experience, and what is ordinarily called learning, whether by oral communication or by books, and is not simply an exercise of memory, for it involves an exercise of the imagination as well.

Psychologists also tell us that in

*Digest of a chapter of a new work on "Practical Psychology," now in the press.

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order that the meaning of words may be realized the distinct mental objects or mental images must be formed. Thus a child can be made to understand what a desert means by the word plain and sand, and by calling on his memory he gradually builds up new images. A child has to assimilate in order to discriminate, and he has to remember past observations in order to see how they differ from the new ones. The child is liable, when he is listening to a description of anything, to call out from his own personal experience what the teacher is saying, and very often he misapplies a description because he does not thoroughly understand or know how to select his previous knowledge, and apply it to his present needs. The power of understanding is necessary, and a child who has seen large blocks of ice brought into the house and deposited in the refrigerator will have some idea of an iceberg when he hears the latter described, but he does not know how many blocks of ice like the ones he has seen are necessary to make up the magnitude of an iceberg, and clear thinking and clear imagination and clear understanding have to help his mind. It is very difficult, especially in the study of Psychology to reduce the abstract explanation to the concrete, because the very language of Psychology is generally an abstract; thus in giving a child a description of a thing that involves some imaginative effort, a teacher has to gradually reduce life from its generalities to a living concrete form; thus the simplest form of words are necessary in giving the outline, and gradually he brings the child to a more detailed understanding of what he wants to represent.

An iceberg or a desert have to be explained in all their relative form of size, proportion, color, and quantity before the concrete process is complete.

Imagination, according to Psychologists discovers new facts, and a step is taken from careful observation to the more patient reasoning from ascertained truths. A process of imagination passes from the known to the unknown images. The mind cannot at first imagine what is hidden until some conception has been set up in the mind, and as has been truly said, "the power of divining what is hidden," but the activity of the imagination is variously known as insight into things, and inventiveness.

A boy will make a kite, boat or a cart by imagining he sees the form of each before him, but his imagination is largely the result of what he has previously seen. Then his parents may wonder where he has received his knowledge of constructive workmanship. It may be that the child has only seen pictures of yachts, as we know of one child who was very fond of drawing them after seeing pictures of yachts in the papers. He next constructed one out of wood, and made a very creditable one, adding all the details himself, even to the holding down of the sails, and making the sails by stitching them on the machine. He contrived to make all the sails according to the pictures he had seen of the ships, and this without any help from an older person. By practical contrivance the lad was able to use not only his imagination, but also his practical knowledge of how tools should be used in the constructing of his boat. By seeing his father use tools he learned to handle them properly, and manual training has taught him to invent and contrive many useful, mechanical, and artistic things. One of the best means of educating a child's mental powers is to let him have tools or a workshop where he can give vent to his practical ingenuity, and the sloid or manual training school is an excellent method of utilizing the faculty of Constructiveness or calling out constructive imagination. Phrenology, we hold has a better chance than Psychology to determine the probable success of a boy's work in the workshop, for while Psychology reasons out the process of "Practical Construction." Phrenology aims at helping those children whom it finds deficient in constructive power.

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The Cranial Measurements of the Heads of Three Murderers and Robbers.

By J. M. Fitzgerald, of Chicago.

Not within ten years has there been so much public interest manifested in the prosecution, conviction and execution of criminals in Chicago as has been evident in the case of the car-barn murderers and robbers — Neidermeyer, Marx and Van Dien—(Emil Roeski getting off with life sentence through his clever simulation of insanity and idiocy) who were hanged on Friday, April 22. I attended the execution and reported their conduct on the scaffold for the Chicago Inter Ocean. Immediately after the execution the writer and Dr. G. Frank Lydston, the noted medical authority and student of criminology, assisted by Dr. Joseph Springer, the coroner's physician, made an examination of the heads and faces of the bandits. The measurements of each I submit as follows:

Peter Neidermeyer. Age about 24 years. Height 5 ft. 5 in. Weight 145 lbs. Circumference of head 21 inches.

From root of nose to occipital protuberance	13 in.
From meatus over anterior (faculty of human nature)	11 in.
From meatus over vertex (faculty of firmness)	14 in.
From meatus over posterior (faculty of parental love)	10 in.

Caliper Measurements.

Width of head at destructiveness	5¾ in.
Width of head at secretiveness	6 in.
Width of head at acquisitiveness	6 in.
Width of head at cautiousness	5¾ in.
Width of head at combativeness	5¾ in.
Perceptives	5¼ in.
Reflectives	5 in.
Benevolence	4¾ in.
Conscientiousness	4⅞ in.
Firmness and self-esteem—each	5¾ in.

Gustav Marx. Age 22 years. Height 5 ft. 11 in. Weight 180 lbs.

Circumference of head	22½ in.
From root of nose to occipital protuberance	13¼ in.
From meatus over (human nature) anterior	10½ in.
From meatus over (firmness) vertex	15 in.
From meatus over (parental love) posterior	10 in.

Caliper Measurements.

Width of head at destructiveness (base of brain developed low down in neck	5½ in.
Width of head at secretiveness	5¼ in.
Width of head at acquisitiveness	5¼ in.
Width of head cautiousness	5¾ in.
Width of head at combativeness	5½ in.
Perceptives	5½ in.
Reflectives	4⅞ in.
Benevolence	4¾ in.
Conscientiousness	5 in.
Firmness and self-esteem—each	6 in.

Harvey Van Dien. Age 23 years. Height 5 ft. 7 in. Weight 180 lbs.

Circumference of head	22½ in.
From root of nose to occipital protuberance	14 in.
From meatus over (human nature) anterior	13½ in.
From meatus over (firmness) vertex	13½ in.
From meatus over (parental love) posterior	11¾ in.

Caliper Measurements.

Width of head at destructiveness	6 in.
Width of head at secretiveness	6 in.
Width of head at acquisitiveness	6 in.
Width of head at cautiousness	5½ in.
Width of head at combativeness	5¼ in.
Perceptives	5½ in.
Reflectives	5¾ in.
Benevolence	5½ in.
Conscientiousness	5¼ in.
Firmness and self-esteem—each	5½ in.

Neidermeyer and Marx were strongly motive in temperament—Van Dien, vital and mental, but of very coarse organic quality—the latter had much the strongest head in the reflective and moral brain—especially benevolence, veneration and love of family—and all of these elements were strongly manifested during his incarceration in jail. In the act of robbing the till at the car-barn, he spared the life of one of the cashiers, by telling him to "roll over on your face or I will have to shoot you." (Neidermeyer and Marx shot everybody in sight.) For that kind-

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ness Van Dien came very near getting off with life sentence. He became converted to the Catholic faith while in jail, and not only forgave Marx for having betrayed him to the police, but converted him to the same religious faith so that they died praying for forgiveness. Neidermeyer sneered at religion and made a jest of God and eternity and died as he had lived resisting to the uttermost everything human and divine. It was his boast that he had killed twenty-four men. Marx boasted of having killed several men, the authorities having proved three murders to his record. Van Dien had been in several shooting affrays, but never claimed to have killed anybody. A comparative study of their Phrenological developments will readily show one that Neidermeyer and Marx were instinctive criminals, while Van Dien became one through his companions in crime and death, since he was easily led as a result of his weak firmness and self-esteem.

Men and Women of Note.

By J. A. Fowler.

RAILWAY MANAGERS.

(*Continued from page 177.*)

Mr. Howard Elliott, president of the Northern Pacific, worked and lived for a long time in St. Louis. He is probably one of the youngest railroad presdents in the United States. The entire railroad career of Mr. Elliott is spanned by less than a quarter of a century. Mr. Elliott's forehead indicates that he possesses unusual shrewdness in the capacity for centralizing work and for gathering facts. Notice the arch above the eyes, which gives him love of accuracy and expertness in superintending details.

Mr. B. D. Caldwell, who holds the position of vice-president of the Delaware, Lackawanna & Western Railroad. His career in St. Louis extended over a period of many years, and marked his rise from a mere clerkship to an official position of considerable responsibility. He became connected with the railroad business at the age of seventeen at Terre Haute, Ind., where he first worked as a clerk in the auditor's office of the Vandalia line. He was next transferred to the passenger department in St. Louis, and in 1881 was appointed chief clerk to the general passenger and ticket agent. In 1886 he became chief clerk to the general passenger office of the Missouri Pacific, and two years later was made a general passenger and ticket agent of the same road. He was recognized as an unusually competent railroad official, and this general recognition of his worth won for him in 1892 the appointment to the chairmanship of the Western Passenger Association in Chicago. From there he went, in 1899, to assume the duties of traffic manager of the Delaware, Lackawanna & Western Railroad, a post he filled with such signal success that he was promoted to the office of vice-president. He is a man who possesses great refinement and a distinct personality. He is genial, cordial, yet dignified and manly in bearing. His head indicates balance of power, keen discernment of character, responsiveness and alertness to what is taking place around him, ability to grapple with problems of finance, and the height of his head indicates great scrupulousness of mind along moral principles, a friendliness and sympathy for those who need his help and assistance. That he has a Bible class for young men, which he has worked up during the last three years from six to over sixty, is a signal proof of his desire to help young men to have a right start in life. We believe that from his personality he will

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have an ever widening influence wherever his work places him.

Mr. L. F. Day began his railroad work in St. Louis as a clerk in the general freight office of the Texas & St. Louis Railroad, in 1885, and has steadily worked his way up to the position of vice-president of the Minneapolis & St. Louis Railroad, and also of the Iowa Central.

Mr. John N. Faithorn has had a career in the railroad world that has been signally full of honors, his last appointment being that of the Chicago, Burlington & Quincy Railroad.

Mr. E. P. Bryan spent nearly ten of his busiest years in St. Louis, and is now general manager of the Rapid Transit Subway of New York—the actual working head of the company, engaged in one of the most colossal engineering feats of modern times. His particular experience at Louisville, Nashville, Frankfort, and as general manager of the St. Louis Terminal Railroad, enabled him to be selected as general manager when the need of a man of his caliber was required at the head of the subway company in New York. His head shows him to be a man of marked ability, of executive power and remarkable balance of mind, ingenuity, and constructive power.

Mr. Harrison I. Miller, now general manager of the Rock Island Railroad, went to St. Louis as superintendent of the Vandalia line and spent quite a few years there. He, with Mr. W. H. Garret, completes the list of five railroad officials who have called St. Louis home for a more or less extended period during their railroad career.

THE MAYOR OF ST. LOUIS AND OTHER REPRESENTATIVE MEN.

Rollo Wells, mayor of St. Louis, is a man who strikes you at once as possessing an enterprising mind. He is full of push, energy, and enterprise. He is alive all over and is capable of rising to a position of responsibility and trust. He takes a broad outlook into affairs, and would make a fine administrator of law. He is firm, persevering, prudent, far-sighted, and executive in bearing, and should be able to control others with remarkable scope of mind, filling important duties with foresight and statesmanlike ability.

Among the public men of St. Louis we have before us the portraits of over a hundred and sixty leading physicians and surgeons of the city. Were we able to give our readers a snapshot of all of these medical lights it would be found that seventy-five per cent. of the physicians possess the mental-vital temperament. Among the surgeons seventy-five per cent. possess the motive temperament.

Among the members of the bar we find that fifty per cent. possess the mental temperament, while fifty per cent. possess the motive-mental temperament.

Among the prominent business men, those representing finance and realty companies are prominent for their mental temperament, while the more purely business departments are represented by a combination of the motive and vital temperaments, and are men of shrewd, farsighted intellects, and possess large Acquisitiveness, Destructiveness, and Executive ability.

A group of prominent bankers and trust company officials possesses a large development of the mental temperament with a predominance of Calculation, Causality, and Order.

A group of the leading manufacturers of St. Louis manifests a predominance of the executive, or motive, type, and shows a predominance of Constructiveness and the financial qualities.

A group of the leading produce merchants has a predominance of the vital temperament in which the base of the brain is well developed. Such men have large Alimentiveness, Acquisitiveness and are excellent judges of fruit and farm produce.

A group of prominent master build-

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ers who have made their success in the face of many obstacles, are noticeable for possessing strong and active constitutions, men who are broad in the temples with prominent brows, and who are keen observers, thus the men who are helping to build the greater St. Louis are contractors, lumber merchants, plasterers, and men who belong to marble works, heating companies, glass companies, painting companies, fire brick companies, pressed brick companies, and granite companies.

The leading fire insurance men and real estate officials represent a fine type of mentality, and combine the mental and motive temperaments. They are possessed of keen eyes like Moses Fraley, A. H. Hitchings, and D. J. Mattason, and F. W. Mott.

Among the St. Louis baseball club we notice that the motive temperament predominates, that their flesh is solid and their bones well set, and their organizations active.

Among the hotel-keepers we find almost invariably that the vital temperament predominates in such men as J. C. Knapp of the Washington Hotel, Henry Weaver, Henry C. Lewis, and A. C. Howard and others, all leading representative hotel men.

Among the public school superintendents we find that F. Louis Soldan is a fine type of the mental temperament, while the principal of the Perry School of Oratory and Dramatic Art has a fine vital temperament. So have those who occupy the first place in the realm of art or music with Professor Epstein as director of the Beethoven conservatory of music.

MISS EVA AUGUSTA VESCELIUS.

This is the age of specialists and consequently we look to specialists for ideal work. Miss Eva Augusta Vescelius at an early age began the study of music and is now devoting her whole time to the teaching and practice of musical therapeutics. She holds that there is a great field for the musician who can apply his knowledge to the needs of the sick and distressed. It was because we have been for many years particularly interested in the ministry of music for health and healing, that we recently sought an interview with the subject of our sketch.

We found that Miss Vescelius possesses a Temperament that is rightly adapted to this work, she is thoroughly womanly in her tastes, and possesses a marked individuality of character.

Her head measures 22 inches in circumference, 14½ in height and 15 in length, which shows that she has, with her quality of organization, considerable power above the average to exert an influence over her fellow creatures. She unites force of character and executive power which she probably inherited from her father, with her mother's keen sympathies, strong intuitions and affectionate nature, and this duality of power makes her character all the more marked and capable of performing individual work. She has great versatility of mind and shows the ability to adjust herself to varied lines of work and thought. She has a remarkable hold on life, is energetic but will never step out of her sphere in any degree.

She is highly ambitious and her desire to excel in her work has enabled her to put forth more than ordinary effort in making her calling a success. Thoughtful of the future, mindful of the present and learning much from experience, she has a mind well stored with information and with practical ideas.

Her perceptive faculties are particularly well represented, thus she is very quick to detect any mistake or oversight, any variation from the normal, any condition of mind that is not what it should be, and to her perceptive faculties is united her active Human Nature, which puts her in touch with humanity in a very direct way. The appreciation for the sublime is very strongly accentuated in her nature, thus she can call out the imagination

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of others as well as apply it to her own work.

She has a very conscientious and spiritual trend of mind and does not like to have anything interfere with the higher interpretation of life, character and work; in fact, her subjective mind is very strongly represented.

That she is an idealist as one capable of seeing the ethical side of life, its harmonious adaptations, discords and possibilities, is very evident. Thus she is able to touch life at many points.

Constitutionally and temperamentally, she is well adapted to the study of music, Time, Weight, Tune, Comparison, Benevolence, Spirituality, Ideality and Sublimity all giving her their share of fitness for the work of a musician. The Motive-mental Temperament lends her a fine commanding presence, while a touch of the Vital Temperament rounds out the principal features of her face. Her nose indicates her executive power. Her eyes are particularly large and sympathetic, and her voice is mellow and tender and appeals to her audiences.

Some of the chief points of her character that stand out prominently are her capacity for teaching as a specialist, her ability in vocal music, her understanding of musical harmonies, her talent for literature and her intuitive power in mental healing.

Strength of thought and womanliness of mind are other characteristics which call for special mention. Few persons unite so much charm of manner, magnetic influence and soul cul-



MISS EVA AUGUSTA VESCELIUS. Photo. by Rockwood.

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ture as are found in Miss Eva Augusta Vescelius.

On seeking to obtain from Miss Vescelius a reason why she had taken up the study of musical vibrations in their relation to health, she told us a little of her early history. With an ancestry dating back to the latter part of the eighteenth century, it does not seem out of place to find one, in a long line of physicians, who has a spirit of investigation for the latest thoughts in mental healing. Dr. George Andrew Vescelius was the first physician of this family to settle in America, and was a surgeon in the American Revolutionary war, and a physician of some prominence. Though nominally from Germany, there have been other influences that have helped to build up the Vescelius family, namely, some from Sweden, Wales, and Holland.

Though born in Racine, Wis., her parents first settled in New Jersey, and it is an interesting fact that she is one of a trio of sisters, all of whom have been gifted in music and literature, and all traveled together on the Continent and through South Africa, where through the latter country they were called the Yankee girls in Zulu land. On their return to America, they published a book bearing that title. One sister is Mrs. Louise Vescelius Sheldon, who is now an authoress, and has a soprano voice. A second sister is Mrs. E. J. Austin, who is a writer of juvenile stories, and has a mezzo-soprano voice, while Miss Eva Augusta Vescelius is a teacher on Musical Vibration, and has a rich contralto voice. For ten years she was a concert singer, and won distinction in Paris and London, but it was not until after she saw the greater possibilities as a mental healer in connection with music that she decided to change or add to her professional work. Experience in the sick room soon convinced her that music can be beneficial in the treatment of nervous disorders because of its soothing influence, and she began to employ her talent with renewed interest in this novel field. Her gifts as a healer were then inspired along the new thought movement. She became more and more imbued with the thought that music could become a potent factor in the treatment of the sick, and when this idea took possession of her, she could not rid herself of it, but felt bound to devote herself to media-physical healing, taking patients into her own home and applying her treatment to them there.

We asked, "Do you consider that music can be played to hospital patients with benefit?" She replied, "When the therapeutic value of music is understood and appreciated it will be considered as necessary to the treatment of disease as air, water or food, and the equipment of a hospital, asylum or prison will not be considered complete without its director of music. Appropriations for music will be considered as necessary in the municipal outlay as for any other civic department. We will hear no more worn-out pianos and wheezy organs in these institutions for the sick, for the musical instruments will be cared for and kept in perfect tune. Hospitals will be so erected that the organ will be placed in the center of the building instead of in a chapel where few can hear it, and the soft, soothing, impersonal influence of music will ascend like incense—pervading the wards as an atmosphere harmonizing and tranquilizing attendants and patients alike. When musicians will prepare themselves for this department of their profession the days of the haphazard, spasmodic nuisance of this healing power will have passed. And thus will music render its most beneficent service to humanity."

Miss Vescelius has founded the Society of Musical Therapeutics which is the first one that has ever been organized for the study and advance of that cause.

Its influence has already been felt throughout the country, and indirectly it has been the means of attracting many thoughtful minds to the subject.

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CHARACTER SKETCH OF MR. L. V. HARCOURT, M. P.

By D. T. Elliott, of London.

Mr. L. V. Harcourt is the new Liberal member of the Rossendale Division. He is the elder surviving son of the Right Hon. Sir William Vernon Harcourt, a name highly honored among all political parties.

It seems fitting that Mr. L. V. Harcourt should be elected a member of Parliament on the eve of the retirement of his illustrious father who is now closing an active political career.

Mr. L. V. Harcourt has had an excellent training for the parliamentary work which he now takes up, and there are marked indications that he will show the same inclination for industry and carefulness of work which has characterized his father, but we cannot say that he will show the same mental vigor and intellectual power which was the secret of his father's success. He has not inherited his father's strong physique nor physical robustness; he has been cast in a different mould and is much finer and delicate in temperament and physical organization.

He possesses a highly sensitive and refined nature with more mental clearness than strength of organization. He will throw plenty of energy into his work and will always be able to give a good account of his stewardship, for he will not shirk responsibility nor be found neglecting what is required of him. As he reaches maturer years and gains experience he will show ability in public speaking, also eloquence in the expression of his thoughts. We direct you to the strength and development of the central line of the head drawn from the root of the nose to the occipital protuberance; with this central line strongly in evidence you will never find a weak character; they will make opportunities for themselves, be confident in their own powers, and respectful to the opinions of others, earnest in their work, sympathetic in feeling, intuitive and critical in their mental operations, and practical in their intellectual outlook, therefore the character under consideration is by no means a weak one; he will be spirited in maintaining his principles, decisive in his opinions, critical in reasoning, and expressive in delivering his thoughts.

He possesses a very hopeful and buoyant mind, and will be cheerful and affable in the society of his friends, consequently he will always be a favorite and will be appreciated for his high spirits and agreeable manner. He possesses some of the intellectual fighting



MR. L. V. HARCOURT, M. P.

instincts which characterized his father, but his sensitiveness will have to be overcome before he will manifest the same readiness of thought or quickness of repartee.

There are many indications in his photo that go to show that he will improve in strength of physique as he advances in years. Given the opportunity he will very readily adapt himself to work of a responsible nature and this will call into play the stronger characteristics of his mind. He has not yet had the opportunity for showing the kind of metal of which he is made.

There is a good share of enthusiasm in his nature, and he is thoroughly alert and observant of all that is going

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on about him, and will be quite ready to give his thoughtful opinion upon any important question of the day. He is a versatile man, is never prolix nor tedious, is quite lively, at times humorous in conversation and demeanor. He is an apt student and can apply himself to his work with diligence and perseverance without being too abstruse. He will be ambitious to acquire much knowledge of different things, and will industriously apply his mind to this end.

He has had great educational advantages in political training, and comes to his work with a large fund of useful knowledge. Will he use this to advantage? We consider he will, for he has strength of character, a good share of mental acuteness and combative feeling, with self-reliance and a painstaking disposition.

Such a type of mind will not fail in winning respect and popularity. It is an excellent photograph for the student of Phrenology to delineate, much more than we have stated can be seen from the temperament and contour of head.

THE LATE SIR EDWIN R. ARNOLD.

The British poet and orientalist died in London in March, and was born at Gravesend in 1832. He was a man of great power



THE LATE SIR EDWIN R. ARNOLD.

from an intellectual standpoint. He continued his literary work until quite recently, his last writing being in connection with the Russia-Japanese war, in which he was greatly interested. For his services to Indian literature and education he was made a Companion of the Star of India on the proclamation of Queen Victoria.

He was the author of the well-known poem, "The Light of Asia," being the life and teaching of Buddha. The King of Siam made him a Knight of the White Elephant. He was also decorated by the Sultan and the Shah of Persia. In 1888 he became Sir Edwin, being made a Knight-Commander of the Indian Empire by the Queen.

He lived for some years in Japan, and married for his third wife a Japanese lady.

It is said that the genius of the man and the charm of the lady consoled his friends to his marriage when he returned to London in 1897, where the English Church marriage ceremony was performed in order to make the union binding in Occidental as well as Oriental eyes.

Three years before his death he became totally blind in London.

His pictures show he possessed a well-developed intellect.

A PRIZE.

A year's free subscription will be given to the person who sends the best concise sketch by September 1st of this gifted man.

THE LATE MRS. DIO LEWIS.

We regret to state that from our midst many useful lives have been called home. All our old readers of the Journal will remember Dio Lewis, the able pioneer and author, whose portrait appeared in these columns in 1897, in company with that of his wife. During the month of April his gifted wife, who was in her 87th year, peacefully passed away. Those who had the pleasure of knowing her personally as we did, were conscious of her serene and happy disposition, as well as her thoughtful consideration for others.

Graduates of the class of 1898 will regret to hear of the death of the wife of Dr. J. W. Anderson, who with her husband studied at the American Institute of Phrenology, New York. She was deeply interested in all matters that pertained to health, and did much for her own sex in this subject. She was born in Newburg, N. Y., in 1866. Married to Dr. Anderson in 1896, and had lived in Texas nine years. She possessed a fine personality, and her death comes as a great shock to all her friends.

Mr. August F. Reinhold, of California, passed away in March after two weeks' illness from pneumonia.

He was known as the author of "Nature vs. Drugs," publisher of "Nature Cure" magazine, and translator of "Kuhne's Facial Diagnosis."

He was a firm believer in Phrenology and in health reforms. He leaves a widow and one little child.

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THE SCIENCE OF HEALTH

News and Notes.

By Dr. E. P. Miller.

BRONCHITIS.

We find the following on chronic bronchitis in an article recommending a peculiar compound for the cure of this disease.

If a physician would call to mind the pathologic conditions present in respiratory inflammations, it would give a clue as to the best method of treatment that would be consistent with the laws of nature. For instance, in acute bronchitis—by far the most common respiratory affection—the mucous membrane is congested, swollen and, because of disturbance of a physiologic function, covered with the products of disordered secretion, *i.e.*, mucus or the products of its decomposition or chemical change. These disordered products act just as a foreign body in any other part of the body acts—it produces irritation, which manifests itself as cough, and the usual well-known sensations.

What more appropriate agent could be applied to this condition of congestion, irritation, hyperesthesia, and abrogation of function than a remedy that is sedative, demulcent and lubricant?

Expectorants, cough sirups and sedatives have a predilection for irritating the gastric mucous membrane and thereby inducing nausea, ofttimes vomiting and almost always disturbances of digestion.

The treatment of acute inflammations of the respiratory tract by the ordinarily employed methods is usually unsatisfactory. That expectorants and cough sedatives are of but limited utility is the consensus of opinion of the best men; that they may in a certain limited class of cases be of some value is recognized, but it is also conceded that in the great majority of cases their effects are comparable to that of water on a duck's back. The same may be said of the much-employed cough sedatives, of which opium, morphine or one of its derivatives are the most conspicuous examples. It is true that this latter group of agents have a tendency to reduce the frequency and severity of cough, but the principal effects of opium and its derivatives consist of deleterious influences on other physiologic functions; so true is this that the most discriminating of clinicians reserve opium for scattered isolated cases.

The way to permanently cure diseases of the respiratory tract is by the use of such hygienic agents as will purify the blood. Pure air, pure diet. —Bolles Massage and Exercise.

MARK TWAIN ON MEDICINE.

"For eight years I was troubled with indigestion, which took the form of an insurrection in my stomach, after I went to bed. The various things I thought were good things began quarreling among themselves, and trying to agree upon a fusion ticket that would win out. Four years ago I was in a foreign land where there were no drug stores, so I had to resort to the Swedish cure, which does not allow one to take medicine. Therefore, I used carbonate of soda every night. When the heartburn came on

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I took a handful of it. One night when I had no soda I said to myself, 'I would rather stand the pain.' Purely by accident I stretched myself on my left side, and, curiously enough, the pain passed away. I made the same experiment several times with the same result.

"When I went to London I spoke to my friend, who is the secretary of the Royal Medical Society, and asked him why the heartburn passed away when I lay on my left side. He said he didn't know. Well, that was in a place where doctors were passing through each day by the hundred, and I asked him to see if any of them could tell me. None of them could. One doctor, a very famous one, no less than Sir William Thompson, said he remembered hearing of it fifty years ago when his own heartburn was cured that way by an old man in Germany, but he had never thought of it since. There was a case where a simple and certain cure was in his hands and yet he had forgotten it and emptied drug stores into his patients without results."—The Crespeul.

EXERCISES FOR JUNE.

The Mental-Motive Temperament.

We now come to the Mental-Motive Temperament, and in this case the brain slightly predominates over the Motive and Vital condition. Each exercise has been suggested with a thought concerning the typical temperament under our consideration, but all the exercises would be beneficial if taken pro rata after those specially adapted to the temperaments for which they were suggested. In other words, half the time taken for the exercises should be given to the specialized temperament, the other half devoted to the exercises suggested for the combined temperaments. It is desired that a photograph be sent in with the record of time on July 1st, when we will give a description of the temperament of the prize-winner.

(f) A man having the Mental-Motive temperament, and weighing 140 pounds, height 5 feet 6 inches, age 40, with a circumference of head of 22⅞ inches, height 14⅞ inches, length 14⅜ inches, should take the following exercise:

(1) Heels firm, head erect, shoulders back. Hands on hips placed, lunge with right foot two paces. (2) Lunge four paces in the same direction, extend arms front and rear, the right hand following the direction of the right foot. (3) Return to first lunge. (4) Recover position. Hands on hips.

Repeat the above exercises on the left side, counting four.

The first step is called a short one, the second step, a long one. (9) Repeat the first part of the exercise on the right side, pausing at 10 to take a deep breath. Recover position at 12, exhaling the breath, emptying the lungs, in other words. Repeat the same on the left. Bring the count to 16. Rest one minute. Repeat from the commencement three times, or until 48 counts have been reached. Repeat the other exercises given in previous months, and exercise at least ten minutes before retiring to rest.

During the next six months exercises will be given for ladies. A prize is offered to the one who is the most diligent in doing these exercises up to July 1st, when a record of the time spent on the exercises each month should be totalled up and sent in to the Editor of Physical Exercise, Captain Jack MacDonald, Phrenological Journal, 24 E. 22d Street, New York City.

CURE FOR FELON.

This is said to be a sure cure for a felon:

Take a saturated solution of muriate of ammonia; put some of it in a small wide-mouth vial. Now place the finger in the solution. You can secure it to the finger so it can be carried about. It sometimes requires several days to draw the thing out, but it only

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leaves a small round spot, which always remains a beautiful white scar, that reminds you that it was cured without pain. Neither does it cripple nor deform the finger for life.

Dr. W. S. Fall says: "I could furnish fifty testimonials from living witnesses in my neighborhood of the truthfulness of this assertion. Give the remedy a trial and be convinced. During the night you can wrap a wad of cotton around the end of the finger, and keep wet by dipping it in the bottle, if it gets dry. It must be kept wet, otherwise the pain returns."

KNOWLEDGE IS POWER.

By Julia Colman.

If we are ever to conquer alcohol we must know its true character and understand its tactics. We have hitherto mostly taken for granted that it was like the common articles of diet from which it is made, and of which we can judge by their direct and immediate effects. It did not occur to us that the chemical process of its preparation might change these harmless materials into a decided poison, because generally we did not know and we hardly yet realize the character of chemical action that changes the very nature of many things and forms entirely new substances. We did not suspect the mischief it was doing to the nerves, because we hardly knew we had nerves nor what they were like.

One reason we did not suspect the true mischief sooner was that we inherited the liquors ready made, and the habit of drinking them, from ages long ignorant of both chemical and physiological science, and we have gone on practicing the habit, because "our fathers did so." Another reason we have delayed this precious work is because we had not sufficient chemical nor physiological knowledge to carry on such investigations satisfactorily. Most of the "oppositions of science, falsely so called," furnish abundant proof of this present ignorance. These fallacies show at once the reason for combining the elements of chemistry and physiology with temperance science in order to make the latter more easily understood and more interesting to the students. Those who have paid but little attention to these teachings in the public schools, have scarcely any idea how these truths have been simplified and how eagerly the children are grasping them. On the contrary they seem greatly distressed lest the children should get a worse idea of alcohol than it deserves. They seem to forget how much less than the truth the children have known of its bad character hitherto.

Let us listen to what they say against the character of the endorsed scientific text-books used in the schools—for example, that alcohol is a poison and not a food.

Who says that?

Mr. Atwater, and they call that the latest dictum of science—that alcohol is a food.

True, but then Mr. Atwater has two ways of saying it. *Here* he insists that it is a food, but last summer he visited Europe, and was "received" by the French scientists. He found them propagating a theory which he could not defend, and he said to the company receiving him, "We affirm that alcohol is an aliment, but M. Duclaux affirms that it is a good aliment, while I say it is an evil aliment, a detestable aliment."

The French paper, La Clariese, commenting on this says, "This is the true opinion of Mr. Atwater, and it should be circulated far and wide." We take this from the February number of The Temperance Record, of London, as good an authority as any that can be found.

So Mr. Atwater and his committee of fifty are not infallible and the scientific temperance instruction of the children in the "endorsed text-books" is likely to be continued in the American schools *if we work for it.*

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THE EXACT SCIENCE OF HEALTH.

By Robert Walter, M.D.

(*Continued from page* 157.)

The exposure of the alcoholic delusion by the Temperance people during the past half century is perfectly analogous to a like exposure of the astronomical delusion by Galileo, but as Newton's law was required to demonstrate Galileo's assertions, so Life's Great Law will be found to be necessary to prove beyond question the dangers of stimulation by the doctor as well as by the saloon-keeper. To observe a fact, as do the Temperance people, is one thing, but to demonstrate the principle which underlies the fact is quite another. Men naturally believe what they see, and stimulating treatment is so apparently beneficial to all patients that it is hard to dispute its value. The patient is weak, why should we not try to make him strong? His bowels and liver are torpid, why not stimulate them to action? Stomach, heart, nerves are weak, how unreasonable it seems to be to refuse a tonic? In a word, shall we believe what we see or shall we trust to the deductions of reason? Shall our science be empirical or logical; our practice be speculative or rational?

How can science be logical or practice rational before the true premises from which to reason have been discovered. Who knows any better way to treat invalids than by such measures as seem to do them good. Observation justifies the one plan, while reason asserts the propriety of another. The secondary effect of all treatment is the opposite of the primary; the reaction is always the equal and opposite of the action. The oftener the patient is cured by direct or positive agencies, the oftener must he return for fresh doses of his stimulant. By such means he is always getting well, but he seldom gets there. Admitted that there are exceptions. An eminent professor in a near-by college said, "Medicines are administered and patients recover, but whether because of our remedies, or in spite of them, we cannot tell." Men often get well in spite of the stimulant, and strong in spite of the tonic, and the result is vainly credited to the destroyer. Calomel may increase the activity of the liver, and so please both patient and doctor, but by reducing the power of the liver it provides for repetition of doses. Digitalis may strengthen the heart, but the heart continues to grow weaker, and the patient finally dies notwithstanding the strengthening treatment. Or if he survives, as he often does, it is in spite of the digitalis or calomel, and not because of it. No agency administered to any man from without possesses such a thing as vitality, and so cannot give what it does not have; the patient has all the vitality there is, so that when vitality is exhibited in any case by medicine, it is vitality drawn from the patient and not given to him. Medicines are agencies that give to patients what they seem to take away and take away what they seem to give. In spite of appearances, the sun does not revolve around the earth, nor are physiological phenomena what they seem to be.

But we must hasten. The law of self-preservation, universally present in all living things, yields the proper solution of all the great problems of medicine, such as the nature of disease, the *modus operandi* of medicines, the law of cure, and explains the successes and failures of all the isms and pathics, including mind-cure, faith-cure, etc. But the essential fact of vital science lies nevertheless in the power of life, called also vital force. This force is to living existence just what gravitation and chemical affinity are to material existence. In the first place it produces all living things, and is consequently the cause of all vital phenomena. Just as gravitation flies the kite or dashes it to the earth, sails the ship or sinks it, enables the man to float or drowns him, causes the mists to rise and the rains to fall, opposite results in response to opposite conditions; as chemical affinity makes dynamite and explodes it, preserves the roof over us or turns it into smoke and ashes in answer to changed conditions, so vital force, the fundamental power of life, first makes and then preserves every organism, and heals it in order that it may preserve it; makes health or disease, gives pleasure or pain, strength or weakness, just as we supply the conditions. A man can have anything he wants if he only knows how. If we supply the conditions for health, which is normal vital action, we will get it with great certainty, but if for any reason we fail to supply these conditions, we do not necessarily stop the operations of vitality and produce death. On the contrary, as long as the vitality continues in the organism it continues to work, which work is then known as ill-health or disease, being always produced by the same force, operating under the same law, that under other conditions gave us health. It follows that the force of health and the force of disease are identical, which is the real reason why substances which are calculated to destroy the one also destroys the other.

(*To be continued.*)

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

BRIGHT AND PROMISING.

By Uncle Joe.

No. 625.—A. F. R.—California, age five months.—The photographs of children are always interesting as subjects of individual development, as well as for the purpose of comparison. Even in one family twins are found to be quite different, as much so as though they belonged to separate families. It is a mistake to think that children have no character until they are five or seven years of age, for they show their infantile characteristics when they begin to breathe, laugh, and coo. If some parents would take as much interest in studying their children as they do in feeding and training their pet dogs and horses, they would find much more profit and benefit would accrue from this child study.

The little fellow who is sitting on the fur rug before us has a healthy organization, and we can see indications of a fine man in him, if he is allowed to grow up with his proper privileges and rights preserved. Some mothers watch very anxiously for the first smile that appears on their child's face. Here is a child who has plenty of them, and some to spare.

His forehead is well rounded out along the upper section, hence he will have lots of fun, and he will make a large share of it himself. He will be an up-to-date boy, and will show remarkably good sense about things, and will reason things out for himself. He will make an ingenious boy. The breadth of his head in the temples indicates this, and some of the strongest products of his mind will come from his ingenious faculties. He will devise ways and means of using up material, and of throwing out mechanical ideas. He will have more than he will need to use himself, hence he will be helping others all along their lives, and he will enjoy doing so.



NO. 625.—A. F. R., CALIFORNIA.

He will be a thoroughly humanitarian man. His love for his fellow men will be very pronounced, and he will not be content unless he can be of service to others.

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He must be allowed to have a full amount of physical exercise, so that he can manufacture vitality to sustain his brain. He has quite a remarkable mind for resourcefulness. In other words, he will be able to turn his attention to a number of things about equally well, and his difficulty will be to choose or to select from the many things he wants to do.

He can invent, sketch or draw, teach, and eventually will want to write, and do some public speaking, and will take to engineering, professorship, lecturing, literature, and medical study. He should have a liberal education.

THE EDUCATION OF INFANCY.

By Mr. Vincent, of London.

We are all more or less inclined to think of "education" and "instruction" as synonymous rather than opposite terms; and this inaccurate *practical* comprehension results not only in much misery to children, but also in disappointment to parents.

The education of a child begins as soon as it is born, and at this stage a child's first teacher is itself. But soon, very soon, its instruction begins; a little child in arms will fight and cry for its own way, and is coaxed or compelled to submit to the will of its parent and nurse—*this* is its first instruction. Unfortunately parents are too apt to think that both education and instruction can only be performed by *school* work. Among all classes of life the growing tendency is to send children to school at an earlier and earlier age, the modern kindergarten system accounting greatly for this state of affairs.

In the case of backward infants and delicate children too much cannot be said in favor of a really good kindergarten school; but for the ordinary child, and especially for a child naturally clever and quick, attendance at school at the early kindergarten age is too frequently detrimental than otherwise. For the selfish propensities and sentiments are sharpened by competition with other children, and almost inevitably and rapidly is the "enfant terrible" developed.

In most cases home life, with its instruction and influence, should be prolonged as long as possible. A serious obstacle to absolute home life is that parents do not begin soon enough the training and educating of their children's *character*. Yet the proper development, and judicious exercise of the will—and character generally—is of infinitely more importance than the accumulation of intellectual knowledge.

Inability to recognize and act upon this truth is often due to the mistake of thinking that a child's self-will can only be overcome by "breaking its spirit." But a child's will is its *mental* backbone, and must no more be broken than its *physical* backbone. In no child, however wilful, and under no circumstances, however trying, must the breaking of the "spirit" or "will" ever be thought of. Instead it must be guided, directed, controlled.

One very common mistake of teachers and parents is to see wilfulness and selfishness where it does not exist as such, but only as untried and inexperienced power exercising itself. The successful business man must expect his children to inherit large selfish propensities, and strong will. The capable, energetic mother will find her plans opposed by little busybodies even in the nursery. But to punish or snub such opposition and assertion is only to arouse the independent spirit still more. It is not naughtiness, but inherited power which has not yet had time and experience to aim accurately and with control. These first practical indications of a child's character must not be snubbed or punished, they must be corrected and guided by firmness and gentleness rather than by punishment. Especially must parents be careful how they punish; ever bearing in mind that the traits of their children's character are inherited, they must learn to recognize a little miniature of themselves in their children.

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THE RATIONALE OF PHRENOLOGY.

By Rev. F. W. Wilkinson, of London.

(*Continued from page 155.*)

I would again impress upon your minds the necessity of constantly insisting upon the truth that Phrenology deals with the whole man, and not simply with a part of the man. So that from the physical form of a man we can to a certain degree infer his mental organization, just the same as from the formation of the skull we can infer to a certain degree the bodily form. There must ever be a recognition of the action, reaction, and inter-action of brain and body, and that it is upon the laws which govern these that the science of Phrenology is based. Until we are able to give a verdict upon these laws, and how the one will affect the other, we are not in a position to give a delineation of character. Further, we must ever insist upon the fact that a phrenologist is not a fortune-teller, neither does he pose as being able to tell fortunes, but he simply gauges the possibilities of the individual by ascertaining as far as possible the particular organization of the man and his capacity in certain directions. It may be of physical or mental activity and power. He draws inferences and deductions from the size, quality, and activity of the various organs of the brain, together with the physical organization of the man in general. I know there is a tendency in some to step beyond the line and assume the rôle of the prophet, but the wise man is the one who recognizes the limits of his own knowledge, and stays there, rather than entering upon the vague field of guessing.

Need I express the opinion that it is wiser to stop a little short than to go too far, because it is possible to advance, when to retreat might bring shame. It may be that I am rather jealous for the honor of our cause, and may be just a little too cautious, but I would rather be that than too venturesome. The exceeding great number of variations in a single individual should cause us to be careful in our practical work of delineation, because the slightest excess or deficiency in any one organ will make a complete difference to the whole organization of the individual. Hence it will require the most careful adjustment of our judgment to meet the particular needs of the individual concerned. It is only when the phase of the matter is considered that the importance of a just, accurate, and full conception of the science is seen. Further, a person may have a good conception of the science in theory, but that will not make the practical phrenologist. He will need to learn how to put his theory into practice, and in this he will find an ever-growing experience which will be exceedingly helpful to him, and which will be giving to him fresh phases of the subject as well as showing him its beauty as well as variety.

There is a life's work for the student of Phrenology, and a work that will never cease to be interesting, for the constant light and shade in connection with human nature will ever make an attractive picture; one on which the more you gaze the more fully will its beauty be revealed to you, and more entrancing and attractive will it become. Moreover, it will ever be to you a self-revelation, for as you read your fellow-man you will see your own likeness reflected more clearly in him, for he will be the mirror in which you will be able to see yourself, and thus it will become a method of self-improvement and education, a means by which you may gain self-control, yea, self-mastery. If it were only for this beneficial result to yourself as an individual I should advise to be earnest in your study of the subject; but when there is coupled with this the way in which you may be a help to your fellow-man by being able at all times to approach him in such a practical way that he may be stimulated to do his best, and that it may be mutual, the incumbency upon you to take hold of the subject with a strong determination to know as much about it as is possible is considerably enhanced.

I now come to the practical application of my subject, which I include in the Rationale of Phrenology. While it is essentially necessary that we should know the principles which I have placed before you in my preceding remarks, viz.:

That the brain is the organ of the mind.

That size is a measure of power, other things being equal.

That given the formation of the skull, that from its formation it is possible to determine how the mind will express itself through that brain. The shape of the brain, corresponding with the shape of the skull, we can say whether a man will be intellectually and morally quick or sluggish. Active or staid and say whether he will be swayed by reason or feeling; whether intellect will rule or passion, etc. He can also determine the quality of the brain and say that he will live very largely in his largest organs; that they will considerably determine his character, and further from his organization, mentally, and his build, physically, we can say for what work, business or profession he is most suited.

(*To be continued.*)

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REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

"Laura Bridgman, Dr. Howe's Famous Pupil, and What He Taught Her." By Maud Howe and Florence Howe Hall. Published by Little, Brown & Company, Boston. Price $1.50 and has some 390 pages.

The story of Dr. Samuel G. Howe's efforts to reach the shut-in mind of Laura Bridgman has been fully told for the first time by his daughters. The book has been finely illustrated with pictures of Dr. Howe teaching Laura Bridgman, the Bridgman Homestead, Hanover, New Hampshire, Julia Romana Howe, Dr. Samuel Grindley Howe, the stream where Laura Bridgman was baptized, and Dr. Michael Anagnos.

The book is a fine history of a magnificent work accomplished, and had Dr. Howe possessed more leisure before he died, he would have commenced the work of writing the his-



Laura D Bridgman.

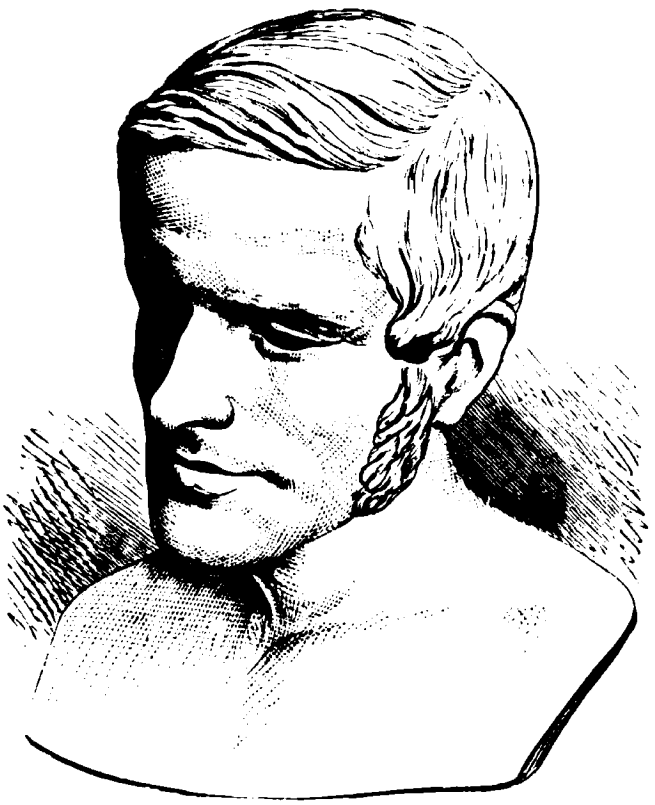
Photographed for The Institute by L. L. Williams.

BUST OF LAURA BRIDGMAN, IN THE MUSEUM OF THE AMERICAN INSTITUTE OF PHRENOLOGY AND AUTOGRAPH.

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tory himself. On the death of Dr. Howe his son-in-law, who had been his assistant in his work, succeeded him as director of the Perkins Institute for the Blind, who has continued to carry on the work up to the present day.

Laura Bridgman was born in New Hampshire, December 3, 1839. She had good eyesight as an infant, but owing to severe illness for several years her sense of smell became blunted, she lost her sight, sense of hearing and power of speech, and she would have been doomed to an eternal night mentally if Dr. Howe had not taken her in charge at his institution for the blind in South Boston. By the most patient teaching she soon learned to read and to take care of herself. So wonderful was her progress that she was able to select colors, and make fine crochet work, and did it by the sense of touch, the different colors giving a peculiar feeling to the different materials.



BUST OF DR. SAMUEL G. HOWE.

Her case was of such interest that Mr. L. N. Fowler and his wife, Dr. Lydia Folger Fowler, visited the institute and saw Laura Bridgman and Dr. Howe many times. In their conversation with the latter Dr. Howe expressed his belief in the general principles of Phrenology, and thought that much good would accrue from a knowledge and an application of its truths in the education of the young.

Mr. and Mrs. S. R. Wells also took a deep interest in the development of Laura's mind, and in 1885 an interesting account of an afternoon spent with Laura by Mrs. Wells was published in the August number of that year.

Laura was fifty-eight years old, and was tall, spare, full of nervous action, with the sensitive, eager face, delicate profile, finely shaped head and the dignified demeanor of a woman of refinement and character. She knew more of modern literature than most women in full possession of their senses, and was fastidious in her friendships, invariably selecting bright and agreeable people, and showing a marked diversion to persons of inferior intellect. She had wonderfully delicate hands, and her gestures were strangely expressive. She was deft in movement, and not only dressed herself and took dainty care of her room, but was skillful in some kinds of fancy work. She chose delicate and soft materials for her clothing, and liked the dress of her friends to be of smooth and fine texture.

Dr. Howe was a pioneer in his great work in undertaking the education of Laura Bridgman, and since his marked success in

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her treatment, many blind deaf-mutes have been benefited by the system that he originated and devised for Laura. Thus the book brought out by Dr. Howe's daughters is in every way calculated to be of great benefit to all who are interested in the education of the deaf, dumb and blind. The work abounds with reports, records, journals and letters of reference bearing upon the period of years that Laura was an inmate in Dr. Howe's institution, to which she went in the year 1837, being then seven years and ten months old.

His methods of developing this sensitive child were at once original, and remarkably ingenious, but, fortunately, Dr. Howe was a man who was able to understand Human Nature.

On page 40 Dr. Howe speaks of Laura as having a good form of body and regular features, "but what was of vastly more importance," he continued, "there were marks of refinement in her organization, and the nervous temperament predominated. This gave sensibility, activity, and, of course, capacity. I found that she had become familiar with much in the world about her. She knew the form, weight, density and temperature of things in the house. She used to follow her mother about, clinging to her dress, and feeling her arms and hands when she was doing any work. The faculty of Imitation, of course, led her to strive to do whatever she perceived others doing, whether she could understand it or not.

"She knew everyone of the household, and seemed to be fond of them. She loved to be noticed and caressed; but, as she grew out of infancy into childhood the necessity of greater means of mental intercourse with others began to be painfully apparent. Endearments and caresses suffice only for infants. As the brain and other parts of the nervous system were developed, there arose a necessity for the development of the mental and moral capacities. Her mind and spirits were as cruelly cramped by her isolation as the foot of the Chinese girl is cramped by an iron shoe. Growth would go on; and without room to grow naturally deformity must follow. The child began to have a will of her own. The means of communicating with her were so limited that she could only understand the pleasure and displeasure of others. . . . There was nothing to reach the moral sense. The earliest exercise of this must be to reverence something, and all that Laura could revere was strength; then, when thwarted, she began to disregard the will of her mother.

"It is true hers was a woman's gentler nature; but to offset this it must be borne in mind that nothing can compensate for the want of development of moral sense. That alone can properly regulate the development of the animal nature. Laura had the capacity, it is true, for becoming a gentle, docile woman, but she had the liability also of becoming a ferocious and unmanageable one."

It was on this account that Laura's parents yielded to the solicitations of Dr. Howe, to have her taken to his institution for the blind, and it was here that Dr. Howe showed his inexhaustible patience in developing the mind, soul and religious fervor of this remarkable child.

The book should be read by all educationalists, for many and many are the hints thrown out through Dr. Howe's thoughtful method of leading, training and developing Laura's mind, which could be made use of, not only in our institutions for the mentally weak children, but also for the better development of children who possess all their senses.

The beautiful part of the book is the way in which Dr. Howe brought out her moral sense, and developed her large moral organ. On page 100 he says, "The development of her moral nature during the past year has been such as her previous sweetness of temper, benevolence and truthfulness led me to expect. The different traits of character have unfolded themselves successively, as pure and spotless as the petals of a rose, and in every action, unbiased by extraneous influences she gravitates toward the right as naturally as a stone falls to the ground."

A knowledge of Phrenology was in itself assuring of the innate characteristics that Laura possessed, and her broad, high head, as seen in the picture of her bust, shows her large Conscientiousness, Approbativeness, Benevolence and Imitation.

The various problems concerning God and Immortality and the Creator of her own being are explained by Dr. Howe, and, on page 101, he states how difficult is the task before him, and how he realized the importance of his experiments.

In Julia Ward Howe's autobiography mention is made of Dr. and Mrs. Howe's visit to Europe. While there they, with Horace Mann, called on Professor and Mrs. L. N. Fowler, and expressed their faith in the teachings of Phrenology in connection with the education of the young.

We have often heard Mr. Fowler relate himself the circumstance of the visit of these two worthy men, and their adherence to Phrenology.

We believe the book will have a large and ready sale. It can be ordered through Fowler & Wells Co., when customers are ordering other books.

The following books have also been received, and will be reviewed later:

"Science of Health from the View-Point of the Newest Christian Thought," by Bishop Fallows, of Chicago; also "Return to Nature," by Adolph Just, translated by Benedict Lust; "The Purple and Scarlet Woman and Her Relatives," by the Rev. A. B. King.

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THE

Phrenological Journal

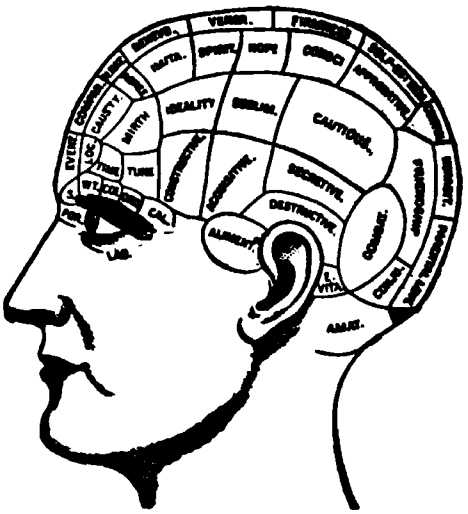
AND SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

Phrenological Magazine

(1880)



NEW YORK AND LONDON, JUNE, 1904

Music is sent from heaven to cheer and console. Love music, and it will soothe and calm your heart when it is sad—and double your joys.—MARY ANDERSON.

A THOUGHT-WEIGHING MACHINE.

Persons who have been watching the progress of Phrenological data for the last twenty-five years will agree with us when we say that during this and a much longer period we have endeavored to point out the necessity of drawing a full amount of blood supply to the part of the brain that is required to do the thinking.

Dr. W. G. Anderson, of Yale, is proving that concentrated thought can influence the distribution of blood, and by experiments that he has been making through his cleverly arranged "Muscle Bed," has succeeded in testing the effect of this claim.

He believes that every thought of the human brain sends an impulse of blood to the muscles requiring it. As every motion of the body is accompanied by a certain wasting and destruction of tissues, these unconscious impulses must continue incessantly throughout our lives.

Further experiments will continually be made to show how thoughts of love, jealousy, hatred, etc., are influenced by blood surging to the brain, and weighing the body down an inclined plane, which is another term for a keyboard to the brain, which records human motions and also how concentrated thoughts on the action of the legs, arms, fingers, hands and body will tip the body down, so that a supply of blood acts as a nerve telegram to these parts.

Great indeed are the experiments made by Dr. Anderson, and we hail every effort made to localize sensations, emotions and Psychical actions. Greater still will be the surprise of men when positive locations are recognized as indicating the topographical area which presides over Psychological manifestation.

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A CASE FOR THE PSYCHOLOGIST.

"The case of Wallace H. Ham," according to the Boston *Evening Transcript* of March 30th, states, "who now enters upon such expiation of his protracted series of crimes as may inhere in his sentence to a longer period of incarceration than he is likely to live,



WALLACE H. HAM.

is one of the most peculiar in recent criminal annals."

The paper goes on to say:

"It marks the man as an interesting psychological study. There is generally some feature of a situation like this, when a man is caught in the toils of justice and made to suffer for deliberate and methodical crime, upon which we can hang a shred of sympathy, but the attitude of Ham does not seem to invite it. The discovery of his wholesale criminal operations, directed largely against the poor and unfortunate, he seems to accept merely as an unpleasant incident of his career, perhaps one naturally to be expected. But it arouses him apparently to no feeling of remorse or repentance."

Judges and psychologists are at a loss to throw any light upon the case, but from the photograph of Wallace H. Ham, recently sent us by Mr. Horace Eaton, we can see the weakness of the man. His head in the superior region of it, and where all normal persons have a development of Conscientiousness and Firmness, shows a total lack, and the guiding power or the rudder of moral consciousness toward duty and right living have been destroyed, possibly by continual habits of taking money that did not belong to him.

The story states:

"It is this abnormal indifference to consequences, this apparent absence of a moral consciousness, that challenges psychological analysis. He does not throw himself upon either the mercy of the court or the public. He is a self-apologist throughout. In fact he seems to wonder what it is all about. 'The honest fact is,' he says, in a letter to the clergyman who has interested himself in his behalf, 'I have given my time, money and prayers to and for others all my life and I cannot understand the moral side of this horrid mess.' He pleads that he quadrupled the funds of an institution with which he was connected, but he neglects to add that as the custodian of those funds he then made away with them. He was very liberal with St. Paul's Church, and at one time gave it very 'substantial offertories.' In other words, he allowed the church what seemed to him generous commissions on his own systematic embezzlements."

The man has lost all sense of justice or of an understanding of what is right; therefore, nothing touches him in the examination of his crimes.

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"He did not, like Robin Hood, rob the rich to give to the poor, for his methods robbed both alike; but he covered his transactions in such a way that the poor regarded him as their benefactor. Like him, as the judge said in passing sentence, Ham 'stole the funds of the poor and rich and refuses to tell into what channels the money was sent.' That is another feature which naturally hardens public sentiment toward this malefactor. His style of living was not of a character to excite suspicion. No evidence has been brought forward to show that he engaged in unfortunate speculations, so the suspicion remains, after all the sifting of testimony, that he still knows where the accumulated plunder of a score of years is concealed."

Nor does he seem to have used his plunder for himself entirely. In taking an impartial view of his head we see that the organ of Benevolence is as large as the organ of Conscientiousness is small, and ostentatious benevolences are the means most commonly employed by social freebooters, either to square their acts with their easy consciences or acquire prestige which will assist them in further depredations. In conclusion the paper says:

"Discovery of their crimes generally has a chastening effect even upon the worst men. The burglar and the highwayman when brought before the bar of justice usually feel an awakened sense of their responsibility to their fellowmen and have grace enough to acknowledge regret for their sins against them, a regret that for the time being, in most cases, they doubtless feel. But no such temper of mind has been shown by Ham. His most evident emotion is a feeling of irritation that society has been interfering with his personal affairs. 'The moral side of this horrid mess' he is unable to understand. There is no desire for even partial restitution expressed. There is no plea of irresistible temptation. There is confession that he stole, but he was liberal to the victims and bestowed upon them not merely a tithe of his ill-gotten gains, but also gave them the benefit of his 'prayers.' If not a moral monster he is certainly a moral freak."

No greater proof of Phrenology exists than is to be seen in the contour of this man's head when compared with that of Professor Eliot of Harvard, whose picture we gave in the August issue of the PHRENOLOGICAL JOURNAL, 1903.

AMONG THE ROSES.

How delightful 'tis to linger
In the perfume-laden air,
At the road-side, in the garden,
Gathering the roses fair.

S. E. B.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

746.—C. W. P.—San Angelo, Tex.—The photograph of this child indicates that he has been healthily born, and has a goodly heritage, both physically and mentally speaking. He has a well-developed forehead which is high and full, which indicates that he will be very analytical, comparative, and desirous of watching things grow, and of hearing different people speak, and of seeing how many things are done. As a man he will show his comparative mind as an orator, and will illustrate his remarks quite fully. As a lawyer, he will make every case plain that he pleads, and he will have so much humanity to his pleading that he will not want to handle any case that is not genuine. He is very intuitive, and will be very quick to find out why people have done certain

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things. As one to diagnose disease he will be excellent as a specialist, but he must have some scope for his language as an orator or in debate, hence we think that law will fill his mind better than anything else. He will make an excellent judge, and no one will be inclined to disagree with his judgment. We hope we will be given a chance to write a longer account of him some time, as we can do poor justice with him in so short a space.

747.—O. N. H.—Pierre, S. Dak.—There is a manly appearance about these photographs that indicate ability, personal integrity, deep observation and anxiety to see everything that is worth seeing around him. He is firm and positive when he has fully examined a subject, and knows all about it, and is more than ordinarily anxious to have things just right. He will take pains in making his observations, and no one will detect an error quicker than himself. He is adapted to expert work, and to technicalities concerning business or professional work. He possesses good taste, and knows how to make a fine selection of things.

748.—W. L.—Greencastle, Pa.—The photograph of this child is most inspiring, and we believe that he will develop many desirable qualities, such as a desire to help his fellow men in some philanthropic line of work. He will endear himself to a wide circle of friends, and if he devotes himself to the ministry he will throw out original ideas, and people will flock to hear him from many distant parts of the country. He will thoroughly understand his fellow men, and will know how to make the most and the best use of their talents. His sublimity will need to be curbed and his desire to have things on a large scale. His curiosity must be watched and trained in the right channel. He is a spiritually minded child, and we trust that he will always maintain this attitude of mind.

749.—J. H. L.—Oakland, Mich.—The photographs of this gentleman indicate that he is a born scientist, and should pursue some scientific occupation. It will be a constant pleasure to him to see, observe, and take into account the phenomena of Nature. He is wonderfully equipped to see how things are made, and also he gathers facts concerning the events of the day, and the people with whom he comes in contact. His brow is a remarkable one, hence he should be excellent in the study of geology, mineralogy, botany, anatomy, applied mathematics, and chemistry. He likes to see things worked out, and could become an interesting speaker, teacher, debater. Were he to use his scientific knowledge in business he would establish a manufacturing line, where he could see the process of raw material worked up into exquisite articles, but we think that he will succeed better in the lines we have suggested than in the business. He has a very versatile mind, and can adapt himself quite readily to a variety of work. It would not be easy for him to do but one thing all his life, but he must guard against having too many irons in the fire, or he will be dissatisfied with his attainments.

OUR CORRESPONDENTS.

W. W. L.—You ask "What is the food for the mental-motive temperament, with a slight disposition to kidney trouble?"

It is of vital importance for you to become a vegetarian, and avoid taking tea, coffee, spirits and narcotics. There are also some articles of diet that you must avoid, even if you are a vegetarian, such as sugar and such vegetables as beets, carrots, parsnips, and boiled cabbage.

You should be out of doors a part of each day, and learn to thoroughly digest your food by chewing it well. This is more necessary than to take a heavy meal. Go without breakfast, or at least take only an orange and a cup of hot water, and you will feel the better for it.

You ask about the proper occupation for one of such a temperament. For an indoor life, in order to use the mental side of your temperament, bookkeeping would be all right, but to keep the other part of your temperament (the motive) in good working order, you need some active, hustling work, such as an express agent, railroad work, the real estate business, or surveying. The latter would suit both parts of your temperament, but a bookkeeper should have a mental-vital, not a mental-motive temperament, if he has to sit at his desk all day and keep accounts. An agent or one who has to collect bills needs a motive temperament. If you have always had a country life, as you say, you will find the confinement of bookkeeping will be rather trying to you.

J. S. M.—Brooklyn.—For a beautiful female singing voice you will find the vital-mental temperament is the most favorable to a full, mellow voice. The mental habits of such an individual, which you ask for, are those that will allow full liberty to the exercise of the mind, as well as to the body.

A regular amount of mental work should be encouraged, and a daily walk, a daily bath and attention to diet are points that should be ever kept in mind.

A person who has a beautiful female singing voice should cherish the talent, and preserve it in every possible way. She should not lose her sleep, and with a vital temperament she will be inclined to favor considerable rest.

A. D.—Kansas.—You will find the book called "Social Progress," by the Rev. Dr. Josiah Strong, published by Baker & Taylor Co., New York City, price $1.00, to be the one that will give you the most help.

An Anxious Mother.—Massachusetts.—You will find that the brain at birth is per-

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haps the most immature of all the great organs of the human body. This is owing to the fact perhaps that in its prenatal condition the brain of the child has had but little or nothing to do, while at birth the child has already exercised but two of his fourteen or fifteen senses. From birth to seven years of age the brain develops very considerably in function, and also in complexity during these years nutrition and education act as incentives to growth.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The sixth and last meeting of the season, in connection with the American Institute of Phrenology, was given in the hall of the Institute on Tuesday evening, May 3.

Dr. C. O. Sahler, of Kingston, gave an address on "Suggestion, and What We Can Do for Ourselves and Others."

Dr. McGuire occupied the chair in the absence of the president, Dr. Brandenburg, and said, in introducing the lecturer, that he was glad to welcome the lecturer in the name of the Institute, and felt sure that they would have a profitable evening together. He had visited Dr. Sahler at his home and examined his methods of work, and knew that he had had some remarkable cases of nervous disorders which he had been able to greatly benefit by his knowledge of suggestion and how to apply it. Great tact was necessary in handling this potent agency, and he knew that our lecturer of the evening was capable of giving them many practical hints of how they could use suggestion with benefit in connection with their own dispositions. "Dr. Sahler showed me conclusively when I was with him that concentration of mind could be cultivated, and that thought had a powerful effect upon the character and habits in an individual."

Dr. Sahler, on rising to give his lecture, said it was a great pleasure to him to be able to speak to them again on the important subject of "Suggestion," and since he had been at the Institute on the last occasion he had had many examples brought under his notice of the benefit it had been to those who had not been able to receive any practical benefit from drugs or other kinds of cure. He believed that one great trouble in the world that caused a great deal of misery was selfishness, and if people would but realize this they would spare themselves from an immense amount of sickness. The mind has a decided influence over the body, and the bodily function, and as long as that is the case, we should take pains to eradicate as much of it from our nature as possible. Fear was another agency that interfered with proper health, and while people indulged in it they would find many troubles arise that could not very well be treated in the ordinary way by drugs.

Dr. Sahler then spoke of several cases that had come under his own notice of late which has yielded finally to suggestion, as he had first eradicated artificial notions or unnecessary fears in the minds of his patients.

We shall have more to say about this lecture in a subsequent number.

Dr. Sibley was asked to make a few remarks at the close, as he was also an authority on the subject.

PRIZE AWARD.

The prize offered in the February Phrenological Journal for May 1st on "The Wolf in Man's Clothing," has been awarded to Mr. M. B. Nichol, Frankfort, Kan. Honorable mention should be given to S. E. Baker for her true story called "A Wolf in Sheep's Clothing." We have already received three answers to the prize offered for June 1st, and must wait until that date before the award is decided upon. The July number will therefore contain the name of the successful competitor.

FIELD NOTES.

PROFESSOR GEORGE MORRIS.

Professor George Morris has been working as hard as ever in the lecture field. On May 22d he went to Dubuque, Iowa, for a couple of weeks. From there he intends to go to Portland, Ore., to make a lengthy stay.

During the last eighteen months he, in company with his wife, have visited eighteen towns, their last being Fergus Falls. Professor Morris lectured in the last-named town twenty-three years ago, and also six years ago, and during his recent visit gave thirty lectures.

Professor Morris is appreciated every time he visits that old town.

PHRENOLOGY IN SWEDEN.

Professor W. G. Youngquist has been doing good work in Sweden by lecturing in Stockholm and in rousing his fellow-countrymen to the necessity of studying Phrenology. He is thoroughly in earnest about his work, and has brought out a magazine called the "Frenografen," which is printed in the Swedish language.

Professor Black is in Vinton, Iowa, where he is permanently located.

Professor Allen Haddock is working industriously in San Francisco, Cal., and has done much good in educating the people of that region to the benefits of Phrenology.

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Professor Ira L. Guilford is lecturing and examining in Los Angeles, Cal.

Miss A. M. Rutter is located at Atlantic City for the summer.

H. H. Hinman, of Fort Worth, Texas, says, "Business is good."

"Have just had the pleasure of listening to a short course of lectures by Professor Cozens, of your Institute, which were very interesting as well as instructive. Professor Cozens is still an enthusiast in the work and pursues it as diligently as he always has, and we hope he will be able to continue in such manner for many years.

"C. W. C., Fargo, N. Dak."

Professor G. Cozens has been lecturing in Fargo, Valley City, and Minot, N. Dak., recently, and is now at Crookston and other towns in Northern Minnesota.

Professor Levi Hummel has been appointed President of the Lecture Department of the Universal Improvement Society, Seattle, Wash.

THE UNVERSAL IMPROVEMENT SOCIETY.

OBJECTS.—1. To conduct a thorough and systematic investigation of the causes of all kinds of human suffering, sorrow, disease, want, despondency, immorality, vice and crime; to devise and apply practical means, as far as possible, for the relief and prevention of these evils, and to promote human happiness in its truest and broadest sense in every possible way.

2. To introduce as widely as possible the study of human nature, including the sciences of Phrenology and Physiology, and the laws of heredity.

THE FIRST WORK of the Society will be to publish a monthly magazine devoted to these subjects, and to human culture in its broadest sense.

COMPENSATIONS of persons working for the Society are limited, and all profits from the sale of the magazine and other literature will be used in extending the work of the Society.

MEMBERSHIP FREE.—No fees or taxes whatsoever.

FUNDS derived from voluntary contributions for the good of the cause.

STRICTLY NON-SECTARIAN and NON-PARTISAN.

MORE THOROUGHLY ORGANIZED, more comprehensive and far-reaching in its plans, and more systematic, scientific and practical in its methods, than any other society ever organized.

THE ONLY SOCIETY of its kind in existence.

THE POLICY of the Society—the right man in the right place. No haphazard, hit-or-miss work. No work done by halves.

NONE BUT PHRENOLOGISTS will be placed in charge of work, and persons engaged in the work will receive special training in the kind of work to which they are best adapted.

ORGANIZED July 7, 1903. HEAD OFFICE at Seattle, Washington.

BRANCH SOCIETIES may be organized in any part of the world.

GEORGE M. WOLFE, President,
University Station,
Seattle, Wash.

NONSENSE.

On some of our trains carriages for "ladies only" have been placed.

On one occasion these carriages were all occupied by the fair sex; consequently a number of ladies were obliged to procure seats in a compartment in which a haughty young fellow was the sole occupant.

He quickly saw that the carriage would soon be filled and he be in danger of losing his seat.

At length, when an elderly woman hove in sight, he thought it time to interfere.

"My good woman," he remarked, somewhat testily, "this is a carriage for gentlemen."

But he was quite taken back when the old lady made the unexpected reply:

"Then what are you doing here?"—London "Tid-Bits."

A large safe was being hoisted through an office window, and as a precautionary measure a sign had been placed on the sidewalk reading:

"Danger below!"

A wag, passing, wrote beneath:

"Safe above!"

If you start to tell anyone of your troubles and he turns the subject and doesn't give you a chance, hunt him up afterward and thank him for it.—Atchison "Globe."

She: "Papa is going to settle a million on us."

The Baron: "That's well. Now I can give you a suitable allowance."—"Life."

Bobby: "Pa, what is a miser?"

Pa: "A miser, son, is a man who counts his lumps of anthracite every night before he goes to bed."—Detroit "Free Press."

Parke: "You don't expect to go to Florida this year, do you?"

Lane: "I don't know yet. My wife has been so busy she hasn't consulted the doctor."

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FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of **FOWLER & WELLS CO.**

THE SUBSCRIPTION PRICE of the PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE is $1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to Fowler & Wells Co., and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the PHRENOLOGICAL JOURNAL and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Human Nature"—California—is up to date in its present number, and is able to give much sound common-sense teaching to its readers. We congratulate the editor on the stand he is taking. The article in the May issue on "Phrenology and New Thought" should be read extensively.

"The New York Observer"—New York—always contains some articles of deep importance and of up-to-date interest. We recommend its pages to our readers.

"The Housekeeper"—Minneapolis, Minn.—"There are worse things than being old fashioned," says Robert Edward Jones, in the May "Housekeeper." "Progress is all very well, provided it progresses." The article brings out many good ideas. The question, "why the capsule meals will hardly achieve popularity," is discussed in an article on "Vest Pocket Dinners," which everyone will want to read.

"Medical Talks for the Home"—Columbus, O.—contains short articles on victories for osteopathy, which subject is becoming more and more popular every year. An article on "Anti-fat Treatment in Japan" contains some good ideas. It says: "As soon as the dainty little Japanese finds the flesh accumulating, she knows what to do. She goes into physical training, devotes herself to exercise, takes long walks, and discards from her always frugal diet everything that is of a fattening nature, and she is soon back to her normal weight. The American women of 'well proportions' would do well to study the little brown lady of the Orient."

"The Vegetarian Magazine"—Chicago and Philadelphia—contains an important article on "Appendicitis and Vegetarianism." This is an article translated from La Reforme Alimentaire, by the Editor. The writer sums up his evidence by saying: "The cause of appendicitis is therefore flesh eating," and he says further, "we know that appendicitis is very frequent in children. Very well; I have never yet seen a case of appendicitis in a child who had never eaten meat, while we must recognize the fact that vegetarianism does not always prevent the relapse in appendicitis. We can affirm almost with certainty that a vegetarian never contracts this malady." Let all take warning, especially in bringing up the young.

"Human Culture"—Chicago—contains an article on "The Strength of Faculties," by A. P. Davis, M.D. Mrs. Emilie H. Vaught writes on the subject, "Are You in a Rut?" and answers the question conclusively, and gives advice to those who have such limitations.

"The Lititz Express"—Pennsylvania.—Besides its "Town Talk," this paper contains interesting items concerning Franklin and Marshall College news, and an account of events taking place at Marietta, Neffsville, Tenryn, Lexington and Brickerville.

"The Free Methodist" Chicago, Ill.—We find in this paper much interesting news concerning the Methodist organization in Hot Springs, Ark.; Birkmere, S. Dak.; Marion, Kan.; Estherville, Ia.; Elkhart, Ind.; Cowden, Okla.; White Haven, Penn.; Mt. Carmel, Ill., besides the family circle.

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"The Club Woman"—New York.—The May number come to us with a beautiful blue, white and gold cover, which breathes liberty and inspiration in it. It contains many articles of interest concerning affairs on this side of the Atlantic, and also a report of "The Society of American Women in London." A fine portrait is given of Mrs. Hugh Reid Griffin, the founder of this society; all club women will remember her visit to this country two years ago with pleasure, when we had the opportunity of interviewing her.

"The American Monthly"—New York.—It is particularly appropriate in its subject matter and its illustrations. "The Great Fair at St. Louis and "The Warring Nations in the East" are two particularly interesting features in the May issue.

"The Oakland Tribune"—Oakland, Cal.—This is quite an important paper, containing two parts, and of sufficient varied interest to suit all classes of people. Copious illustrations are inserted, and ladies' pictures are in profusion, as well as "Sporting News from Field and Club."

"Everett Press"—Everett, Pa.—This paper contains an interesting "Washington letter," an article on "Our Neighbors," and a collection of facts concerning Russia and Japan.

"The Delineator"—New York.—This magazine of fashion contains high-class literary matter, as well as current fashions and artistic features, which are thoroughly up to date. Mme. Sembrich is the subject of a notable article by Gustav Cobbé, which is illustrated especially for this journal. Another article on "Around the World in Eighty Pictures," the reader is taken into a field of the greatest interest, Japan and Korea.

"Commercial List and Price Current"—Philadelphia, Pa.—This paper contains its News Department, as well as its Department for Literature, stories, poetry, etc. Thus it cements many lines of interest, and contains much in a little.

"The Chester County Times"—Parkesburg, Pa.—An article on "Early Times Out West" is interesting. Editorials and questions that strike home to those that live not only in Pennsylvania, but surrounding states, are well written.

"Canadian Pharmaceutical Journal"—Toronto, Canada—contains articles calculated to help the Pharmacal trade.

"Pacific Medical Journal"—San Francisco, Cal.—Among its well-written editorials are to be found the following: "Pure Food," "Diptheria and Anti-toxines" and "Medical Inspection in Schools." Among its original articles is one on "Physical Culture," by H. M. Hill, secretary of the Medical Institute of Physical Culture, Boston, Mass., and is written in a style that is calculated to have considerable influence.

"Suggestion"—Chicago, Ill.—contains an article on "Breathing and Auto-Suggestion," by Herbert A. Parkyn, M.D., editor; also one on "Reality," by Dr. George W. Cary, and also other valuable contributions.

"The American Medical Journal"—St. Louis, Mo.—This journal, as we have once pointed out, is publishing a series of articles on "The Composite Man," by E. H. Pratt, M.D. These form a very interesting series, and are sure to be read with more than ordinary interest.

"The Medical Times"—New York.—"The Nature and Treatment of Varicose Veins" is a subject that is treated with great care by G. R. Johnson, M.D. The editorial department contains an article on "The Study of Dietetics," another on "The Measurements of Science," a third on "The Cost of Medical Education," "The Death Rate from Alcoholism," all of which articles are well worth an examination, even although the readers may not be in the medical profession.

"The Naturopath"—New York.—This is a magazine of health, edited by Benedict Lust, and contains articles on "Light," "Air," "Bathing," "Rest and Exercise," and all the other up-to-date health subjects.

"The Medical Bulletin"—Philadelphia—is edited by John D. Shoemaker, M.D. "The Slaughter of the Innocents" is the title of an editorial which contains some salutary ideas. Another one is on "Salting the Tracks," which points out the unhealthy practice adopted by street-railway men of scattering salt upon the tracks in order to melt the snow. Undoubtedly this habit has been responsible for many cases of disease, especially of the respiratory mucous membrane.

"Practical Psychology"—Boston, Mass.—This is a quarterly, and is designed to apply psychological principles in the highest and best sense to daily life.

"New Thought"—New York—contains an article on "Sense in the Silence," by Paul Tyner, and "Germ Thoughts," by Edwin Earle Purinton, which are exceedingly interesting articles.

"Mind"—New York—the leading exponent of New Thought, contains an article on "Mental Healing," by Charles Brodie Patterson. "The Element of Time in Dreams" is a subject discussed by Rev. Adolph Röeder, which is a subject over which much controversial thought has been expended.

"Pittsburg Christian Advocate"—Pittsburg—possesses a frontispiece of Bishop Stephen M. Merrill, who presided at the opening session of the twenty-fourth Delegated General Conference at Los Angeles, Cal., and an able article by Professor Henry S. Schribner, on "The Value of a College Education," and another, "The Lips and the Life," by the Rev. Theodore Cuyler, M.D., among other interesting articles.

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"The Wayne County Alliance"—Sodus, New York.—This valuable local paper contains an article on "The Value of Influence," and one on "The Beautiful Pictures of the Greatest World's Fair." In the former article we are told it is impossible to overestimate the value of influence, and persons cannot afford to lose sight of this if every action of their lives is watched by some other individual, with good or evil effect.

"The Popular Phrenologist," London, Eng., records the death in the April number of John William Waddington. He was in his eightieth year. His death took place on January 17th, at Manningham, Yorkshire. It also states that Professor T. Crist English, speaking at the Royal College of Surgeons, recently, said the study of cerebral surgery had of late fallen into the background, and little progress had been made. In his experience some degree of mental impairment occurred in ten per cent. of the cases of head injuries.

The more the better. We are always glad to see persons enterprising enough to begin the publication of Phrenological literature, and the monthly called "Mind and Body," issued in Melbourne, Australia, will, no doubt, prove to be in time a successful and useful contribution to our only too slender list of publications. The first number contains a sketch of J. A. Fowler, Vice-president of the American Institute of Phrenology, and an article by her on "Perfect Development."

"Lippincott's Magazine"—Philadelphia.—Heading the list of seven short stories is "In the Springtime," by Henry W. Liniar, and among the poets represented this month are Minna Irving, Wm. H. Frost, etc.

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For 1904

Edited by JESSIE A. FOWLER and D. T. ELLIOTT

TABLE OF CONTENTS

Frontispiece—The Language of Eyes, by J. A. Fowler—A Recent Visit to Tiefenbrunn and Longuich, by James Webb—Character Sketch of Mr. Frank C. Jarvis (*with portrait*), by D. T. Elliott—The Study of Phrenology, by J. P. Blackford, F.B.P.S.—Character Sketch of Miss A. Brackenridge, F.F.P.I. (*with portrait*), by D. T. Elliott—The Use and Abuse of Registers, by John William Taylor—Character Study, by R. Dimsdale Stocker Individuality, by John Henry Wild, F.F.P.I. Hons.—Character Sketch of Mr. John Asals, F.F.P.I. (*with portrait*), by D. T. Elliott—Personal Magnetism (*with portrait*), by A. Verner, F.A.I.P.—Phrenology and the Ideal, by W. K. Smith, N.P.S. Hons., F.P.I. Hons.—Physiognomy and Phrenology (*with portrait*), by W. Hatfield Character Sketch of Mr. E. Morris (*with portrait*), by D. T. Elliott—Phrenology in the Field, by C. De Lancey Allen—Phrenology: Its Use in the Schools, by L. Genivieve Doll—Phrenology the Basis of a True Education, by Rev. F. W. Wilkinson, F.F.P.I.—Character Sketch of Mr. Lipman Greenstein, F.A.I.P. (*with portrait*), by D. T. Elliott—Phrenology the Nation's Right Hand, by Theodore Wright—Memory, by Adena E. Minott—Ethnology, or Races of Mankind, by J. A. Fowler—Phrenology, and How its Objectors May Be Met, by W. Rockwell-Kent—Hints to the Wise, by T. W.—Phrenology and the Practice of Medicine, by Elizabeth W. Smith—Phrenology as a Science (interview with Professor E. Morris)—Phrenology and Its Uses in the Photographic Art, by W. H. Drouatzky—Reports of Institutes and Societies—Field Notes—The Register of Phrenological Practitioners and Lecturers.

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AN INTERNATIONAL MAGAZINE ON MENTAL SCIENCE, HEALTH, AND HYGIENE

CONTENTS FOR JULY, 1904

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PAGE

I. **How a Man's Career Shows Itself in His Face.** Illustrated with photos of President Roosevelt, Hon. Grover Cleveland, Hon. Seth Low, Mark Twain, Chief Judge Alton Brooks Parker, etc. By J. A. Fowler - 205

II. **Phrenology on the Farm.** By M. Tope - - - - - - - - - 212

III. **Practical Psychology.** Apperception - - - - - - - - - 213

IV. **A Visit to Plymouth, Mass.** By F. V. Townsend - - - - - - 214

V. **Phrenology and Art.** By Mrs. R. Smith - - - - - - - - 216

VI. **Character Sketch of Anna Jewell, Professional Pianist.** By J. A. F. 217

VII. **By the Sea.** Poem. By S. E. Baker - - - - - - - - - - 218

VIII. **The Science of Health.** Health Topics, by E. P. Miller. Hot Water. Treatment for Cold in the Head. Fruit as Food. The Book of Remembrance. Vegetable Versus Animal Food. Exercises for July. The Application of Power, by Julia Colman. The Exact Science of Health, by Robert Walter, M D. - - - - - - - - - - - - - - - - - - 219

IX. **The Psychology of Childhood.** G. R S. By Uncle Joe. The Education of Infancy, Part II, by "Vincent," of London. No. 626—Chas. Wadsworth Parsons - 224

X. **The Barnard Graduation** - - - - - - - - - - - - - - 227

XI. **The Rationale of Phrenology.** By Rev F. W. Wilkinson, of London - 228

XII. **Annual Report of the Fowler Institute, London** - - - - - - 230

XIII. **Editorials.** How to Succeed. Independence Day, Poem, by Margaret Isabel Cox - - - - - - - - - - - - - - - - - - - 231

XIV. **The American Institute of Phrenology and Its Proposed New Work** - - - - - - - - - - - - - - - - - - - 232

XV. **Reviews.** Bishop Fallows of Chicago - - - - - - - - - - 234

XVI. **To New Subscribers** - - - - - - - - - - - - - - 235

XVII. **Our Correspondents, and Prize Offer** - - - - - - - - - 236

XIX. **Field Notes** - - - - - - - - - - - - - - - - - - 237

XX. **Sense and Nonsense** - - - - - - - - - - - - - - - 238

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"Phrenology is an alluring star that glows brightly in Life's firmament for all, and its brightness allures the poet and the lover; its depth baffles yet fascinates the philosopher, and its simplicity attracts the child. I cannot say, 'Long live Phrenology,' for it, like all other truth, is immortal, but here's to the health and long life of its faithful progenitors. May their zeal be undiminished and their efforts unceasing to spread this gospel of human salvation that is able to solve the mysteries of our being, and to lead man up to a heaven of his own creation."

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THE
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AND SCIENCE OF HEALTH. (1838)
INCORPORATED WITH THE PHRENOLOGICAL MAGAZINE (1880)

VOL. 117—No. 7] JULY, 1904 [WHOLE No. 787

How a Man's Career Shows Itself in His Face.

BY J. A. FOWLER.

There are many instances in human life and character that indicate how the work that a man does impresses itself in his face, and many departed celebrities like Lincoln, Benjamin Franklin, and others show that changes took place in their countenances as they entered different professions.



Photo by Lloyd T. Williams.

BUST OF BENJAMIN FRANKLIN, IN THE MUSEUM OF THE AMERICAN INSTITUTE OF PHRENOLOGY.

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Undoubtedly, work stamps itself on the face of an individual whether he cares to admit it or not. There is the face of the engineer, the lawyer, the hotel-keeper, the writer, the actor, the musician, the painter, the minister, the business man, and the politician.

The face of Lincoln changed its expression from that of irresolution to that of dignity, criticism, energy, and benignity when he took up the study of law and entered politics.

Benjamin Franklin showed a remarkable change in his expression and the development of his forehead when he changed his work from that of a printer to a statesman, philosopher, and writer. His actual contour of forehead changed from being simply well developed from the brow in the perceptive faculties, when he was a printer and a scientist, his forehead developed along the upper portion in the region of reflective faculties, and the expression of thought manifested itself in his eyes, the lines of his face, and the in-



Photo by Rockwood.

PRESIDENT ROOSEVELT.

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clination of his head forward instead of in an erect position.

If it is possible to distinguish the occupation in the face of one person, it is possible to see the career depicted in the faces of all our large classes of industry, and we will endeavor to show how character has impressed itself in the countenances of President Roosevelt, the Hon. Seth Low, Bishop Potter, the Hon. John W. Hay, Sir Henry Irving, Mark Twain, and Mr. John P. Sousa.



Photo by Rockwood.

THE HON. GROVER CLEVELAND.

PRESIDENT ROOSEVELT.

No. 1.—The Hon. Theodore Roosevelt shows several careers in his outlines of face. He has the resolution of the soldier in his eye and mouth; the directing foresight of the leader in his nose; the non-committal pressure of the lips of an organizer, and the look of inquiry of a scientist and keen observer, and the well-balanced brow of a man who has to weigh and consider the affairs of a politician, statesman, and President.

President Roosevelt has quite a different outline of character expressed in the face from the late President McKinley or Grover Cleveland. The Motor-muscular temperament which is strongly accentuated in Roosevelt; the Mental temperament in McKinley, and the Vital-motive temperament in Cleveland. We can thus easily see why, or account for, the forensic power of Roosevelt, the deliberateness of McKinley, and the bull-dog determination of Cleveland, all of which characteristics show in the countenances of these representative men.

THE HON. GROVER CLEVELAND.

No. 2.—The Hon. Grover Cleveland, through his experience as a lawyer and statesman, has deepened the lines around the nose, has strengthened the curve of the tip of the nose, which indicates power of resistance, and analysis, and perceptive power and ability to watch events in the concentration of the eye and the pressure of the outer

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curve of the eye, while fluency of language manifests itself in the fullness under the eye. Length of life is indicated very strongly in the lower lobe of his ear, and in the length as well as the breadth of his nose. He possesses



Photo by Rockwood.

THE HON. SETH LOW.

forensic power, keen observation, administrative ability and self-reliance.

HON. SETH LOW.

No. 3.—Hon. Seth Low, as the late Mayor of New York City, shows his career in his face, first, in his look of complacency; secondly, in his quiet dignity; thirdly, in his unruffled spirit; fourthly, in his consideration for the wants of different people; fifthly, for his polite manner; and sixthly, for his courteous bearing. There are no wrinkles in the brow to indicate an irritable temper. Some men knit their brows together and cause two deep lines to press themselves between the eyes, but Mayor Low has escaped this habit, and takes life more as he finds it, and meets difficulties as they rise without worrying over their appearance beforehand.

A mayor to a certain extent has to be all things to all men without changing his principles or his opinions. He has to conciliate, smooth down the aggressive and perturbed convictions of the city alderman and officers of the city government or corporation board; thus the chief executive himself must be calm, cool, and collected, so as to wisely direct the minds of those with whom he daily comes in contact. All

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of these characteristics Mayor Low carries in his face and manner.

No. 4.—Hon. John Hay is a man of remarkable points of character, and he shows his well-balanced mind in the quality of his organization and his regular features. Few men, however, have so much keenness of sight expressed in their eyes as he. He seems to absorb every subject that he takes up, but there is none of the hurly-burly the want of it under the clear, speaking eye of Mr. Hay. The one has a ready flow of language, while the other condenses materially what he has to say. He does not waste words or time, hence persons stop to listen to his explanations. His cheeks are not so full as those of Seth Low, and this shows a lack of the vital temperament in the one and the development of it in the other. Mr. Hay is not a man who can



Photo by Rockwood.

THE RT. REV. BISHOP POTTER.

officialism that some men have shown who have had less distinguished positions offered to them. Mr. Hay is a man who cannot be spoiled by political power or office. He recognizes the importance of the work he undertakes to do. He shows by his steady glance, the poise of his head, the strength of his nose, and the firmness expressed in his chin that he is not a man to be easily moved or convinced against his opinions. We should compare the fullness under the eye of Grover Cleveland with flatter, compliment, or palaver with anyone, but shows an indication that he strikes direct from the shoulder.

THE RIGHT REV. BISHOP POTTER.

No. 5.—Bishop Potter shows something that is undeniably true that impresses itself upon the countenance of a minister, clergyman, or preacher, even if he wore no outward garb to indicate his profession. What is that something, that undeniable look?

First—We might express itself in

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the trust that shows itself in the eyes. This expression is different from that of a musician. It is the trust that shows the contemplation of confidence in the working out of all things to some good end. Different ministers, however, show more energy and executive power than others; and this characteristic in its turn shows itself in the features.

Various temperaments are again to be found in different religious denominations. John Alexander Dowie, for instance, has a vital temperament with an endowment of the motive and mental; while General Booth possesses a distinct motive temperament, and Bishop Potter has a predominance of the mental temperament; thus the three men have necessarily a different way of showing out their mentality. There is a poise of character in the lines of face, in the thin lips, in the square chin which give to Bishop Potter the character which distinguishes him as a clergyman.

MARK TWAIN.

No. 6.—Mark Twain possesses a most interesting and unique character. His penetrating eyes look out from a shaggy brow, while his language expresses itself in an unmistakable way under the eyes, and his general thoughfulness of character shows itself in his full beard and high forehead; his intuitiveness of mind is particularly noticeable, while his penetration of character is only second in importance. He is a man who impresses one with the idea that he has something to say and that he is anxious to say it in a way that will attract your attention and cause you to stop and think of what he has said.



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"MARK TWAIN."

Humor is only a means to an end.

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He is the most serious humorist in the world, and it is because he is so intensely in earnest that he wishes to drive home his ideas in a common-sense way, that he adapts his language to the humorous side of life.

CHIEF JUDGE ALTON B. PARKER.

No. 7.—In giving an estimate of a man who is now before the public eye, we find him exceptionally well equipped in physique and vital stamina, while his large and fully developed brain combined with a superior quality of organization, enable him to do effectively whatever he puts his hand to.

Physically speaking, he is a man who is six feet tall, with ample chest power, strong muscles, which were well developed as a boy on his father's farm, near Cortland, and he carries his age (about fifty-two years) with more than ordinary ease of manner, while his weight of one hundred and ninety-six pounds gives him an exceptionally good foundation for his mental work.

His features are well balanced, and show him to be a man of an equally well-balanced head. His eyes interpret much of his character. They are large and expressionable. There is calm tactfulness to be seen in them. Brown in color, one is attracted to them as to those of a friend. They carry a great deal of meaning, and consequently add dignity to his face. His nose is full of strength and power, and shows deliberateness and force of mind. He is not a man who will allow himself to forget his surroundings, and consequently will be in his element when carrying out positive and practical work. The chin indicates strength of character, and the breadth and length of that part of the face is of a type that is cal-



Photo by Davis & Sandford.

CHIEF JUDGE ALTON BROOKS PARKER.

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culated to do executive work. The jaw makes a fine finish to the face, and contains considerable reserve power, which will not be brought into play unless excited by some special occasion. His nose is long and broad at the base, combining the strength of the aquiline or Grecian with that of the cogitative type. The brow is broad and manly, and shows an excellent balance or symmetery between the perceptive and reflective faculties; which give to his mind keen observation, practical judgment, and intuitive insight, as well as a ready memory of men and things.

Stretching up above the forehead are the attributes of his moral brain, which unite firmness and kindness in one sentence. His Benevolence makes him shake the hand of the people with an earnestness they do not forget, while his Firmness enables him to hold his own opinions, and carry out his own conclusions.

The breadth of his head indicates that he is a man of deliberate thought, or reserve power and capable of accumulating energy against the time when he needs to use it. Further that he is a man of executive power, of manly courage, or deliberate foresight and of eloquent speech.

He is a man who appreciates intellectual wit, but he does not care for mere humor, or sarcasm.

He should be known for his carefully selected language, appropriate speech, and his eloquence which is not based upon flowery or artificial diction.

He has a well-poised mind, and will be true to his convictions, whatever they are.

Phrenology on the Farm.

By M. Tope, Bowerston, O.

The notion seems to prevail far too widely that anything like phrenological science is out of place on a farm—that only professional people can make any good use of such knowledge. The minds of the people need to be disabused of such a mistake somehow, and if these few lines can induce any one to take an interest in true phrenology and reap some of its practical advantages in the field and garden, they certainly will not have been written in vain.

Phrenology can be just as useful to a farmer as to any one else. Applied to his animals, it will enlighten him about breeding and training them, in judging their dispositions and abilities, and how to manage and care for them best. It will teach him to know that if his horse is wide between the eyes he can see good after dark; that if his ears are low set he will be long-lived; that if he has a full forehead he will display good sense; but if wide between the ears and hollow in the forehead he will be vicious and untractable. And Phrenology will teach him hundreds of other similar things, the rules applying to his dogs, cows, hogs, etc., with equal effect and value.

The full force of this may be seen when it comes to its application to the members of the family, in matters of disposition, ability, health, training, work, schooling, and other considerations. Phrenology applied on the farm will materially, as elsewhere, lessen the grists of the divorce mills and abate greatly the anguish and sufferings that come as the consequence of other usually well-intended, but infelicitous, conditions.

Many things on a farm are suggestive of, or comparable with, phrenological work — dealing with pumpkins and squashes, and sometimes pigs, finding especially a counterpart in the examination of some heads! A good farmer must be a mechanic, a philospher, a chemist, a teacher, a geologist, a financier, a lawyer, doctor, politician; in short, a general jack-of-all-trades and

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all sciences; and Phrenology, as the true star of mental science and the central guide-light of all science, will show him, if he will study it, in what traits he is best and least endowed, and in what therefore to specialize, and how to get the most possible enjoyment out of his labor as he goes along—a great secret of happiness every one should learn. This of itself is well worth its study to the extent of a clear comprehension of its principles and applications in any vocation.

It pays to learn to read character. How nice it is to take a bunch of photographs of your friends or of strangers and study their features scientifically and know that you are reading them as readily and correctly as the A B C. Likewise of people personally as you come in contact with them, or as they pass before you in common view. But besides the pleasurable pastime that may thus be enjoyed, one has the great benefit of detecting those who would impose upon us, the unsafe to be trusted, the dangerous, and other undesirable characters. Of course these advantages are worth as much to the farmer as to any other class of people.

Feeling or observing heads and estimating the size, quality, and balance of brains are, of course, a part of the phrenologist's work; but the science extends into the domain of physiology, physiognomy, and philosophy, and sets forth the laws of mental and physical growth, the laws of adaptation, the laws and fields of occupation, the laws of health, the laws of congenial matrimony, the laws of success and righteous living. And these laws applied under the correct guidance of this science not only to the human race, but to the animal kingdom throughout, cannot but be highly conducive to the welfare of all. Agriculturists and stockmen have studied in a way, very haphazardly it seems, the facts concerning the union, procreation, feeding, and shelter of the brute creation and other crops they raise; but how few seem to give as much attention to the right conditions for a good crop of boys and girls; and further, for the proper training of them for useful men and women, the correct selection of their pursuits, with teaching as to true married life, how to make the world better and the securing of a glorious immortality?

A couple of years ago the writer was kindly invited by the president of a Farmers' Institute to take part in the work of that body. But the honorable executive committee failed to give me a place on the program because, as they averred, "Phrenology is a little out of line with institute work." Perhaps they were excusable in their notions and statements because of their ignorance of the nature of Phrenology, but we insist that no one has a right to prejudice it or assume that it is unimportant until he has clearly examined its merits. It maintains a respectable position before the world, and a knowledge of it should be an accomplishment possessed by every intelligent man and woman. And a paper or an address upon its worth and applications is just as appropriate at farmers' and other institutes as a paper on law or music. Why not?

Practical Psychology.*

APPERCEPTION.

The Psychological meaning of Apperception is a form of attention. It is the act of the mind by which perceptions and ideas become clear and distinct. It is an act of attention, for what we attend to becomes clear and distinct to us, while that which is not attended to remains indistinct. Furthermore, there are various degrees of attention. Some things are capable of drawing or absorbing our whole observation, while other things are entirely disregarded by us.

Some Psychologists say that (1) Ap-

* Digest of a chapter on a new work on Practical Psychology now in the press.

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perception is a form of mental activity, under which percepts are brought into relation with our previous intellectual and emotional state and assimilated with them; (2) the general name for the process of mentally "taking in whatever form that process may take"; (3) the process of taking anything into the mind and giving it position and meaning in the mind; (4) the bringing to bear what has been retained of past experience in such a way as to interpret to give weight to the new experience.

Very truly has it been said that apperception is to the mind what digestion is to the body. The mind reacts on percepts, and produces knowledge, while the body reacts on food and produces tissue.

Psychologists recognize that there must be a stimulus from the outside, which is called "an external factor," and that there must also be stimuli in the form of attention to make some response, and which are called Internal Factors; further, that there must be a stock of "Apperceiving ideas or kindred information which serves to interpret or explain the stimuli."

Psychologists also agree that the group of ideas already in the mind, which absorbs an idea presented to the mind, is called the Apperceiving Group. The idea just presented is, when acted upon by the Apperceiving Group, said to be apperceived. The apperceiving conceptions usually stand like an army of soldiers within the strongholds of consciousness, ready to pounce upon everything which shows itself within the portals of the senses in order to overcome it and make it serviceable to themselves.

Another point about apperception is that it is more than attention, namely, it has perception of a particular kind, and this attention has to come from interest. The mind has to be drawn out in certain directions, and our attention to an object or event is said to be an act of apperception if the attention is brought about by means of the relationship of this object or event to our previous experience. Half a dozen may be asked to look at a thing or an object or a person brought into the room. One child who has never learned anything about the object will gaze in blank astonishment, and will have but a dim idea afterward of what he has seen. Another child who has had some experience connected with the object brought before its vision remembered just so far as his experience went, and his description was more complete than the first; so on to the sixth child who has seen the object before, hence is able to describe what he has seen very clearly. When the report is drawn up of what the six children have seen at a glance, the sixth child will have a more complete idea of what has passed before its sight, and will have been able to comprehend what it saw more distinctly his previous experience fitted him to see more.

"A Visit to Plymouth, Mass."

To visit the American Mecca, the ancient and historic town of Plymouth, has always been my desire since I first read or heard anything about it. It was there, on December 21, 1620, our forefathers, the Pilgrims, landed. Old Plymouth will always be an attractive town for patriotic Pilgrims, and viewed simply as a "landing-place" of the Pilgrims, it has an interest which attaches to no other spot in America.

One August, while in Boston, I had the pleasure of visiting that noted spot. Plymouth is situated about forty miles south of Boston, on the coast of Massachusetts Bay. An hour and a half soon passed, when we arrived at the town of Plymouth. It is a town of 7,000 or more inhabitants, situated on a side hill, which commands one of the finest views of Massachusetts Bay one could wish to see. There was a

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rush to get off the train when we arrived, to be first on the sacred soil our forefathers trod. They scattered and went to different places of interest. I, with several companions, first ascended the hill to the top, where was located a National Monument to the Forefathers, erected by the grateful people of Plymouth in remembrance of the labors, sacrifices, and sufferings for the cause of civil and religious liberty. The principal figure of the monument, the gigantic Statue of Faith, built of granite, is 216 times life size. Around the pedestal are figures, representing Morality, Law, Education, and Freedom, while below these are marble tablets, picturing in bold relief scenes from Pilgrim history. The height of the monument is 81 feet. We again take a careful look at the gigantic statue, the work of human skill, and descend the hill to the principal street, on which is Pilgrim Hall. It was erected in 1824 by the Pilgrim Society, as a Monumental Hall to the memory of the Pilgrims. In 1880 it was rebuilt in fireproof manner at a cost of over $15,000. A beautiful lawn was to be seen in front, and to the right, a little in front of the building, is a slab, inclosed by iron railing, bearing as an inscription the wording of the "Memorable Compact" made in the cabin of the Mayflower, and the names of the forty signers, are also to be seen.

As you enter the Hall, you first ascend stone steps, passing under a portico, upheld by massive stone pillars. The Hall contains Mayflower relics, paintings, and antiquities. Around the wall are to be seen large and beautiful paintings of the Embarkation and Landing of the Pilgrims, by several noted artists. Besides these, the walls are hung with portraits of men prominent in connection with Pilgrim and Colonial history. Across the head of the Hall is a raised platform and railings; here are shown the large articles connected with Pilgrim history, as a model of the Mayflower, the chairs of Elder Brewster and Governor Carver, the Peregrine White Cradle, etc.

There are a great many glass cases in the Hall which contain numerous articles of interest, but as my time was limited I tried to select the most important. One case is called the Standish Case, in which is the famous Damascus sword of that brave Pilgrim captain. There is also an old iron kettle which was brought with him in the Mayflower, etc. There are other things I might mention, but must hasten along.

We next went down to the water's edge, where, 270 years before, the Pilgrims landed. There is to be seen a beautiful and artistic structure of granite, in the shape of a canopy, supported by four columns, and under this is the Rock, now world famous. The upper portion of this renowned bowlder, nearly all of that which is in sight, was for one hundred and five years separated from the original rock, and during this long period occupied localities remote from the landing-place. In 1775, during the first fresh enthusiasm of the Revolution, in endeavoring to raise the Rock from its bed on the shore to prevent its being covered by the filling-in of a wharf about it, this piece split off and was taken to the *town square*.

It remained there until 1834, when, at a celebration of the Fourth of July, it was carried in procession to Pilgrim Hall, deposited in the front area, and inclosed by the iron fence which now surrounds the tablet with the *compact* near the same spot. Here it remained until 1880, when it was taken back to the original spot, where it now lies. I had the pleasure of stepping on the Rock myself.

From the Rock, ascending the broad flight of steps that now leads to the brow of the hill, and turning to the left, we tread upon sacred, hallowed ground. Here were buried in that dark, sad winter in which they landed half of their band, and a tablet may be seen marking the resting-place of some of the dead, whose remains have been recently discovered.

We next inquired for Leyden Street,

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the site of the first house and first street setlled by the Pilgrims. We were shown the spot on which the first house stood. We continued up the street until we again reached the top of the hill. This time we found ourselves in a cemetery, where lie many of our forefathers. It is known as Burial Hill, on which once stood the old Fort and Watch Tower. In this graveyard are to be seen old, old slabs, with pieces of tin around the edges of some for protection, and where they are very bad, new slabs have been erected to still mark the resting-place of some noble patriot. We stopped to read the inscription of some, and they read in this manner: "Here Lyes ye Body of ye Honourable William Bradford, who expired Febr. ye 20, 1700 Aged 79 years."

It was a moment of profound silence to look around—north, east, south, and west—and behold the beautiful country, with rugged hills to the west, and to the east, as far as the eye could reach, nothing but a broad expanse of water, and then cast our eyes downward, looking on the graves of our noble forefathers. But still I could not stop thinking of what a beautiful spot they had once chosen for their safety and comfort as compared with their troubles in the Old Country, and where they might worship according to their belief, the highest privilege of humanity.

F. V. TOWNSEND.

Phrenology and Art.

Phrenology was never perhaps more strikingly illustrated than in the case of that most successful painter of pet animals, Miss Elizabeth Magill. Educated for a musical career, and already accustomed to sing in public, she was one day told by a phrenologist—much to her surprise, since an elder sister was supposed to have all the talents in this direction—that she was the "artist of the family," and advised by him to abandon music for painting. "But I am the only one who does not draw at all," she protested. "Still," responded this subtle seer, "the shape of the head, the width between the eyes, and other visible signs, point to painting as your real vocation." The Queen's prize for a simple flower subject encouraged her to go through six years of study in England and Paris. And now, of course, after painting the late Queen's favorite donkey, and last year the reigning sovereign's favorite terrier, including innumerable pets of the aristocracy, the truth of the assertion and the wisdom of that far-seeing advice are amply verified. Rapidity of execution is obviously one of the remarkable features of Miss Magill's work, a gift largely due, one would imagine, to her innate love of animals, enabling her to do well in a day what others would only accomplish in a week, and, on occasion, to complete in detail the head of a dog in two or three hours. In her pleasant studio not merely cats and dogs, but horses and donkeys "sit" or stand for their portraits, coaxed into stillness by bundles of hay, bunches of carrots, or liver and biscuits, as the case may be. Here also assemble every three months the Anti-Vivisection Society, for Miss Magill gives to it much keen sympathy, as well as giving more practical sympathy to the Animals' Home of Rest, having recently earned through the knitting and selling of red and blue Tam o' Shanter caps as much as £40 on its behalf. Miss Magill starts work at eleven, and usually continues to paint all day, although not continuously at the same picture. It would appear that donkeys are not always as stupid as their nature is proverbially supposed to be, for the little story told by this warm-hearted Irish artist of two subjects who, their portraits finished, had departed, as she thought, *pour toujours*, returned again in company with a companion, the trio knocking at her studio door for admittance, points in a directly opposite direction.—Forwarded by Mrs. R. Smith, Southport, England.

For Prize Offer, see page 222.

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In the Public Eye.

ANNA JEWELL, PROFESSIONAL PIANIST.

By J. A. FOWLER.

This lady's organization is one that shows more than ordinary inspiration, intelligence, and power of concentration, as well as personal magnetism.

She possesses the sympathy, generosity, and intense interest that enables her to awaken in the lives of others true admiration for her work. If she were to take up art it would show itself in that; if she took up literature it would manifest itself in the true ambition of the writer; if she studied music it would manifest itself in the light and shade, the tone and the expression of the piece that she was playing.

Having large Tune, Time, Weight, Comparison, Benevolence, and Spirituality, she should devote herself to musical composition, to musical expression, and to that work that will enable her to unfold the true language of music. As a teacher of the same she would be most conscientious. Every detail would be thought of and worked out. She would never allow the slightest defect to pass her notice, and consequently she would be most successful as a teacher, as well as a performer, and it is not often that one finds in one individual those two elements combined. One who is a teacher only is often un-



Photo by Scherer.

ANNA JEWELL.

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able to express the effect that she is able to get out of a certain pupil; while some persons can sit down and sweep the entire thought of the musical composer, and give verve, strength, delicacy, and true intonation to a piece of music, yet be unable to teach the art.

Having the twofold talent, this lady ought to be able to build up for herself a fine reputation. She does not lack energy, force or executive power; and she does not lack courage or adaptability of mind.

She ought also to show more than an average degree of versatility of mind, and capacity to do a variety of work; be able to get along well with people; to adapt herself to many minds, and understand the motives of many people.

She is a true interpreter of character, and if she will follow out her first impressions she will rarely be mistaken in judging character, but her sympathies being strong, they may at times bias her judgment.

Her organ of Order is active and should show itself in intellectual work, but not for material things, and she cares less for little things in life which are not so important as those things that are of considerable weight in the reputation of an individual.

Her ambition will push her ahead. She will not be pressed down at obstacles or by emergencies. She will rise to the top, and, therefore, if she had opposition, or if in her path she should find some thistles, instead of roses, she would be able to trample them under foot, until she had made the roses grow, blossom, and spread fragrance around her.

She has a full development of Hope, thus she is bright and cheerful and winning in company and in social life.

She is one who will be guided largely by inspiration, and there will be times when she will be carried out of herself, and she will forget her surroundings; she will be so carried away by her work that she will become enveloped in the spirit of it.

In short, she is talented above the average in musical composition, in musical power, interpretation, light, shade, and tone productions.

We would advise her to compose one of these days, and let her mind run into this channel of music.

She has originality of mind, as well as power to interpret the music of others, but it will give her even more pleasure to work out her own thoughts in music than to always study the composition of others.

At the close of the examination Miss Fowler asked her about her work. In reply she said, "I have studied in Paris under the best musical teachers of technique, and I wanted very much to know if I should take up composition, for I have already composed some music, and have enjoyed the work immensely. Your reading was perfectly marvellous, and the exact verity positively astonishes me."

BY THE SEA.

Come tarry a while by the jolly old sea,
And list to its song while it dances with glee.
A story it tells when it leaps to and fro,
With soothing inflections, and rhythmical flow.

From care, and from toil, and whatever betide,
Seek respite and rest at its life-giving side.

A welcome it gives with a beam on its face,
As if it would give one the fondest embrace.

How social, and tuneful, and blithesome, the sea;
'Tis singing, and dancing, and leaping with glee.
And never it ceases its frolicsome ways,
But ever keeps busy through all the long days.

S. E. Baker.

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SCIENCE OF HEALTH

Health Topics.

By Dr. E. P. Miller.

HOT WATER.

Drinking hot water for stomach difficulties was quite a fad a few years ago, and also for almost every sort of disease. There is no doubt that it is a purifying and cleansing process for diseases of the stomach and alimentary canal if taken properly. To drink down one tumbler after another till three or four are taken might do more harm than good if the water was to be retained and the process was often repeated. If a person is nauseated from having taken into the stomach an excess of food, or of other things, warm water might be drunk freely, so as to cause vomiting, and thus expel the offending mass. It might also dilute any matter that was in the stomach and have it carried out of the body in other directions, and thus do much good. Dilatation of the stomach is generally caused by eating and drinking large quantities of food or liquid and keeping the body in the erect position. Two or three pounds of water or food, taken while the body is upright, is liable to cause the stomach to sag down from the weight of it. A repetition of this might cause a permanent dilatation of the stomach and thus weaken its digestive powers.

When taking water for the purpose of cleansing the stomach and purifying the alimentary canal, drink a tumblerful in sips, and then lie down with the head on a level with the body; every minute or so change your position to the right or left side, then with face downward, then to the other side, and thus keep moving about for ten minutes, so as to bring the water in contact with all parts of the stomach. After ten minutes take another tumblerful, and proceed in the same way. This process should take place four or five hours after eating or one hour before eating, and may be repeated with benefit twice a day.

TREATMENT FOR COLD IN THE HEAD.

The New York Medical Journal has an article on the above subject in which it pays a strong compliment to Hydropathy. It says: "The hydropathic treatment of a cold in the head is more reliable than any other. It is as follows: In the morning, after rising, and at night before retiring, wash the feet and legs as high up as the knees in cold water, then rub them with a rough towel, and massage them till the skin is red and glowing. In addition to this, cautiously snuff tepid water up the nose frequently during the day, and sip with a teaspoon a glassful as hot as can be borne an hour before each meal, and at bedtime. A few days is often quite sufficient for simple cases, and obstinate ones yield if the treatment is prolonged. No medicines are required. If taken in the first stages of the disease, a cold is broken up which might otherwise become a severe case of bronchitis, lasting many days or weeks."

FRUIT AS FOOD.

The first verse of the last chapter of Revelations is as follows: "And he

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shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and the Lamb. 2. In the midst of the street of it, and on either side of the river was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations."

The Pacific Health Journal says:

"All kinds of fruit possess remedial properties of the highest value. Nature gives us such a wide range to choose from that it is a comparatively easy matter to eat fruit every day throughout the year. A diet that always includes fruit will be found a constant protection against many ills that otherwise would be sure to make their unwelcome appearance. Indeed, the stomach will call for fruit when it rejects all else. This alone shows the high importance of eating fruit every day."

"THE BOOK OF REMEMBRANCE."

The last verses of the next to the last chapter of Malachi, the last book of the Old Testament, reads as follows:

"Then they that feared the Lord spake often one to another; and the Lord hearkened and heard it, and a book of remembrance was written before him for them that feared the Lord, and that thought upon his name. And they shall be mine, saith the Lord of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him. Then shall ye return, and discern between the righteous and the wicked, between him that serveth God and him that serveth him not."

The book of remembrance, spoken of here, may be the human brain, on which is electrotyped a picture of everything we see and do during our entire lives from infancy to old age. Electricity is probably the agent by which these impressions of our lives and our acts and doings are made.

In evidence of this I find the following clipped from a daily newspaper: "In a brain that is not disorganized by injury or disease, the organic registrations are never actually forgotten, but endure while life lasts; no wave of oblivion can efface their characters. Consciousness, it is true, may be impotent to recall them; but a fever, a blow on the head, a poison in the blood, a dream, the agony of drowning, the hour of death, rending the veil between our present consciousness and these inscriptions, will sometimes call vividly back in a momentary flash, and call back, too, with all the feelings of the original experience, much that seemed to have vanished from the mind forever.

"In the deepest and most secret recesses of mind there is nothing hidden from the individual self, or from others, which may not be thus some time accidentally revealed, so that it might well be that, as De Quincey surmises, the opening of the book at the day of judgment shall be the unfolding of the everlasting scroll of memory."

VEGETABLE VERSUS ANIMAL FOOD.

Dr. James H. Jackson, of the Jackson Health Resort, at Dansville, N. Y., in a recent lecture to his guests, makes the following admirable condensed but scientific summary of the advantages of vegetable over animal foods, and it is so important that I think the readers of the JOURNAL AND SCIENCE OF HEALTH will be pleased at its appearance in its columns:

Tradition and prejudice, not necessity, are responsible for so much meat-eating. It is a very difficult thing to persuade the average human being that he will not grow weak, and run down in strength and health, if he gives up wholly or even partially the use of meat. Yet abundant proof exists of the entire ease, healthfulness, and economy of such a course. Many of the serious diseases from which the human race suffer have their inception,

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if not their active production, in predisposing bodily conditions established, as the result of introducing into the system nitrogenous compounds in undue quantity and frequency. Especially is this so when these are accompanied by excrementitious matters, as when the flesh of animals constitutes a large portion of the nourishment taken. The peculiarity of the disintegration of proteid substances is that the resulting products are very inimical to health unless speedily excreted. These various derivatives of the katabolism of bodily structure, and floating proteid material, eventually appear in the blood as urea, which it is the chief function of the kidneys to separate from the blood, that it may be washed out of the body in the urine. On their way to become urea they appear as kreatin, leucin, glycin, hypoxanthin, uric acid, etc., etc. Gout, gravel, rheumatism, neuralgia, neurasthenia, Bright's disease, and many other ailments are thought in very many cases to be the result of a too free use of proteid alimentary material. Hence, nowadays physicians largely curtail and often abolish the use of meat in these diseases, and also in epilepsy and skin affections, or in the bodily conditions which threaten them.

In connection with our modern forms of domestic, social, and business life we suffer from lack of abundant exercise, pure air, free water drinking, and from general impairment of nervous vigor, all of which conduce to lack of elimination of these poisonous waste substances, and predispose or directly induce special diseased conditions.

Let me recapitulate in order to make sure of a thorough understanding.

First. To maintain health and strength, there are needed four alimentary principles, viz.:

Mineral substances, as salts of potash, lime, soda, iron, etc., etc.

Proteid compounds. These contain nitrogen, as gluten, casein, myosin, etc.

Carbohydrates. Starches, sugars, cellulose, etc.

Carbon. Fats, oils (animal and vegetable).

Second. These principles are found to be chemically identical in the animal and vegetable kingdoms, and barring the fact that in individual cases one may be more easily digested and appropriated than the other, may and do subserve the purposes of nutrition equally well.

Third. Unless in any particular case a stimulo-nutrient diet is needed as against one purely nutrient, it is better to make choice from the vegetable kingdom, because animal foods are associated with and contain excrementitious products (the waste of the animal), which have little if any nutrient value, but on the contrary, are physiologically inimical to health.

We must now consider a very important part of this whole question, viz.: how much of each of these four principles does the average man in average conditions or surroundings need for daily consumption. There is so little chance to go astray in the matter of the mineral substances that we will not discuss them, simply saying do not think you must use hard water in order to get these. You will get all you need ordinarily in food, and distilled water is far better for drinking purposes.

EXERCISES FOR JULY.

THE VITAL TEMPERAMENT.

The exercises for ladies which are given in this, and will be given in the succeeding months, are and will be arranged according to temperament. Exercises for this temperament should be those to energize the individual. A young lady, on an average, who weighs ninety-three pounds, with a height five feet one and a half, age twenty, circumference of head twenty and a half inches, height from ear to ear over the top of the head fourteen and one-eighth inches, and length over top of head from the root of the nose to occipital

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spine fourteen inches, should take the following exercises:

(1) Stand erect, hips firm, or hands on hips, knees stiff, head erect. Kneel on one knee. (2) Rise, allowing your strength to carry you down and up again. Repeat this exercise six times on the right side. Repeat, bending the left knee, until twelve counts are reached. (13) Swing right leg backward from the hip. (14) Swing it forward with perfect ease. Repeat, throwing the left leg backward, then forward, until twenty-four counts are reached. Swing right arm in a circle from front to rear in two counts. Repeat six times, or until thirty counts are reached. Repeat the same exercise with left arm, or until thirty-six counts are reached. Swing right arm out and above the head and down to side very slowly in two counts. Repeat six times, or until forty-two counts are reached. Repeat the same exercise with the left arm, or until forty-eight counts are reached. Commence with the first exercise, and repeat three times, or until one hundred and forty-four counts are reached. When the arms are swung they should be relaxed and brought down to the side before the exercises are started. This will give equal exercise for arms and legs. Two minutes' rest in a reclined position will enable the young lady to take the same series through once more.

A prize will be given to the one who most faithfully carries out these exercises for six months. Particulars to be sent in on December 1st with a record of time spent on the exercises each month. Address, Editor of Physical Exercise, The PHRENOLOGICAL JOURNAL, 24 East 22d Street, New York City.

Captain Jack Macdonald.

The exercises next month will be for ladies having the Motive Temperament.

A PRIZE OFFER.

A year's free subscription is offered to the one who sends the best description of the lady's artistic talents, by October 1st.

THE APPLICATION OF POWER.

By JULIA COLMAN.

How and by whom can this power derived from knowledge be applied for the promotion of temperance? First, under present circumstances, by the teachers in our public schools. It is true that the teachers are the servants of the people, and many of the latter do not fully understand the scope of the plan, and, therefore, do not appreciate it. But every good teacher aims to place the scholars at least a little in advance of the previous generation. The patrons who do not appreciate it can aid by reading up on the whole question, thus showing their interest in it, and by providing the teachers with the helps which aid the use of the text-books.

I asked an educator of ministers what the Church proposed to do in the promotion of temperance work. He replied very impressively, "The women will do it." But they do not leave education or religion or politics to the women, and why should temperance work be left to them? Certainly not because they do the most of the drinking! I asked another man, and he said the men will vote it out if the women will let them. "Let them!" Why the women have been waiting fifty years for the men to do that very thing, and now do they wish women to direct them how to vote? Truth to tell, I am very sorry so many temperance men hold themselves aloof from personal temperance teaching. It is not so in Great Britain. This scourge of intemperance demands our utmost effort for its extinction, and it is high time we put away the fallacy of supposing that it can be destroyed by any sudden effort, "wave," trick, or spasm. The people must be educated out of their ignorance and prejudices. The wisest brains, the most profound scientists, the most unwearied investigators, the most devoted hygienists, the most winning teachers are all needed; and the best are none too good for this high enterprise.

The children are mainly on the right

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side, and ready to learn the truth if we take them early enough; therefore, the field is open and ready to all intelligent persons that have access to the little people. True, there are difficulties, but not so many as with adults, while every child has a right to this knowledge of the truth as an indispensable part of his equipment for the battle of life.

Do you ask for illustrations of the methods of such teaching? I will state a few of the many actual occurrences. The busy mother of five children found temperance teaching a good way to entertain them one evening in the week, and she took up the study with them, eventually adding physiology and hygiene, chemistry, etc., till it formed quite a course of study. A Sunday-school teacher taught a select class every Saturday in her own home six months of the year. A pastor taught temperance, science, etc., to his children's class for three months yearly. The superintendent of an asylum, whose boys when sent out into the world had almost invariably gone astray, tried this educational method with flattering success; while several of the temperance organizations have adapted it to their juvenile work most satisfactorily. The main object is to produce individual characters, ready to carry out effective and practical measures for the promotion of the work, and not easily led astray by the deceits of the enemy, and to produce them in sufficient numbers to color and influence the community; for all communities are made up of individuals. This has already been done to a large extent in many places, and the results have been sufficiently happy to give us great encouragement. The writer of these articles can testify by long experience and observation to the efficacy of these thorough educational methods, and she will be glad to give further particulars to any one desiring such information for purely practical purposes. She begs leave to add that the quotation from La Clairiere in the last article was taken from the March number of "The Temperance Record."

THE EXACT SCIENCE OF HEALTH.

By Robt. Walter, M. D.

(Continued from page 192.)

It has long been an anomaly not easily explained, that prevailing medical practice in every age of the world has employed chiefly for the cure of disease the very agencies that destroy health. Observation has shown that these agencies do really stop or reduce the operations of the disease, but why they do so has never before been clearly evident. All poisons, as well as innumerable other forms of violence, such as blood-letting, purging, cold baths, and the greater the extremes of temperature the more surely will the disease be silenced, have been employed, because observation has proved that they all reduce the force of the disease. The force of every fever is vital force, as is also the force of the chill, a truth which explains the fact that alcoholic stimulants will reduce both chill and fever just as surely as bleeding and purging formerly did, and they all do so by depleting the power on which they depend, viz.: the patient's life-power. One can hardly conceive of the evils of a practice based on the theory that disease is a destructive entity—an enemy to be vanquished, instead of a friend to be treated, as a few of the ablest and most progressive minds in the schools now teach.

Time forbids that we enter into any further discussion of the nature of vital force. Suffice it to say, that it is a force inherent in living things, as gravitation and chemical affinity are inherent in material things. Being inherent, it is, therefore, God-made, not man-made. It made us, but cannot be made by us. It is one of Nature's great producing forces, but cannot, and never has been produced. It is our inheritance from the Father "in whom we live and move and have our being," and never the product of our own genius or skill. We may waste it or we may save it, but we can never manufacture it, a fact which suggests to our minds many great problems which we dare not here even mention. We close with a simple yet suggestive summary of a few practical deductions from the truths thus established.

But there is one other agency that is supposed to supply vital power to living beings, viz.: food. Discussion of this subject involves the doctrine of "transmutation of forces," which was invented fifty years ago for the purpose of sustaining the theory that life is simply an energy or "mode of motion." We have absolutely disproved the doctrine. It is an absurdity almost inconceivable on the part of ordinary intelligence.

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

STRONG-MINDED and HEALTHY.

By Uncle Joe.

CARE OF CHILDREN.

If parents would only take care of the essentials concerning their children and let some of their thought on their dress go to the winds they would have healthier children in the long run.

"G. R. S.," in the "Tribune" for May 24th, gives some excellent advice on this subject to parents. The article states: "If you start the children right while they are young they will grow up to be strong and healthy, instead of sickly and weak. The old and wise saying that the way the twig is bent the tree inclines, is indeed true in detail. Some children inherit from birth the germ of that great destroyer, consumption. Especially are mothers urged to act in time and spare the child from an early grave. If it be a girl, instead of letting her bind herself with a tight belt and corsets, which often compress the internal organs so that they fail almost utterly to perform the functions assigned them by the Creator, compel her to wear loose clothing and abandon tight corsets, which are one of the chief causes of so much suffering in the lives of women in general in this country to-day. Also instruct her to form the habit of breathing deeply, so that her lungs will become strong and healthy, and if there be any germ of consumption therein, fresh air and plenty of it will prove victor over the germ and cause it to retreat forever from its abode."

We heartily indorse this advice, and believe that any little boy or girl who is taught how to breathe properly can outgrow any tendency to weakness. Instead of sunken eyes, a pale complexion, and drawn lips, they will have the flush of health upon their cheeks, and will be vivacious and robust.

THE EDUCATION OF INFANCY.

By "Vincent," of London.

PART II.

(*Continued from page 194.*)

Many parents would be greatly surprised if they were told that their little children possessed already as strong a will and as large a mind as they have themselves. Yet how familiar we are with the sight of a little child's will proving itself stronger than its parents'! And who has not been amused at the ingenuity of a child's mind in getting its own way? Children intuitively recognize the power of "the greatest thing in the world," and are ready to think that a kiss, a little closer nestling to "mother" will give them the liberty they desire. Too often they are right—the pity of it! —that mothers do not grasp and use the wisdom, and the discipline, upon which all true love is founded.

In a little child love without wisdom becomes presumption. But when mothers love their children without wisdom it results in *indulgence*. Then it is that when a child, or rather a baby, has been allowed to exercise its self-

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will and independence to such an extent that only severity or strong discipline can direct it into proper channels, then and only then, is it right to send a child to strangers for correction. At such a crisis the nursery governess, and the kindergarten school become of infinite benefit; under their instruction a child can be made to learn to obey, without its love being hurt. It has not the same feeling towards its teachers, as it has for its mother, it will not try to coax them to yield to its will through love, so it will not be stung by their refusal to grant its requests. But when a child presumes with a kiss upon "mother-love" and receives in return a frown, there is no surgical instrument that can inflict such pain as that frown, however slight.

If a child has to be sent to school for its own good and discipline between the ages of three and five, the mother should look upon it as a punishment and lesson to herself, for through her own fault, she is losing valuable time and opportunities at the most susceptible age of influencing and forming her child's character for life. Infinite pains, therefore, should be taken by her to keep up at home the discipline the child is learning at school.

On no account should a child be sent to school to get it out of the way, or because it is a bother at home, or to allow the mother more time for social gayeties, and for self-gratification. To thus educate (?) a child is to form a character of selfishness, lacking all sense of morals and respect. For a little child can see through all excuses, whether of act or word, however plausible they may seem to ourselves, intimate friends may even be deceived, but a little child never; and according to their clear-sighted intuitive opinions of their teachers and parents will their characters be formed.

No. 626.—Charles Wadsworth Parsons, San Angelo, Texas.—Life should be full of promise, and every child born into the world has a right to have given to it a perfection of mind and body capable of being developed into true manhood and womanhood, but alas! life does not always mean a promise of these things. The very atmosphere of some parents' minds prevents them from parenting healthy children.

The normal child possesses an infinite diversity of powers, but how seldom it is able to use them in the way Nature intended it to do. To train the mind, body, and soul of a child, even after it is well born, is a difficult task, but how greatly is the task increased when physical weakness and mental degeneracy are the inheritance of the little stranger.

The photograph of the child that illustrates these remarks shows that he has come into the world with a readiness to participate in all that it yields, of joys and sorrows, of success or failure, of culture, intelligence, and opportunities, in fact, of everything that goes to make up human life.

Who can say that this child's mind is a blank? Surely no one would dare to breathe such a thing, if he were a reader of character and able to form any opinion at all of the capacities as they present themselves in the face and head.

This child is as happy as the day is long, but do not misunderstand us, he has his troubles, too, for he is very curious, and wants to know everything, open everything, and handle every parcel that comes into the house, and his curiosity will have to be guided.

His head appears to be large and active, and he will use every inch of it. It will be seen that his Anterior lobe is particularly well represented; hence he will be quite original, and capable of seeing and observing many things that will not be taken into account by others.

He should be given a substantial education, and allowed to grow up during his young and tender years, with a good deal of latitude, and be given opportunities for showing his originality of mind. He will want to be so many things when he grows to man's estate that it will be difficult for him to know what to select, in fact, we do not think he will allow others to choose his career

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for him, but will manifest an independence of mind, and before he has settled down in life he will have tried many departments of work.

For a moment we invite our readers' attention to the development of the upper part of his forehead. The organs of Causality, Comparison, and Human Nature being very large, while his perceptive faculties will need to be stimulated to see details and mark the little things by the way.

He will have a clear understanding of Human life and will understand the animal kingdom as well as human beings with all their oddities and idiosyncrasies. He will differentiate between the things that are brought to his notice; hence the color of the dress his mother has on, the weight of his baby elephant, the number of his books, the form of his bed, the size of his foot will all come in for a share of his notice.

He has a very pliable mind, and will make friends easily, and will know how to treat strangers when he is away from home.

As a man among men he is bound to take an active public position. If he studies medicine and becomes a physician, he will be excellent in diagnosing disease, and with his love of oratory and public speaking he will be able to lecture on health and hygiene. He will attract attention as a public speaker, and will not be abashed when he is called upon to talk upon subjects that are not of popular interest. He will work away at them until he has made people take an interest in what he sees is necessary for them to know. He will be the light of a household, and a bright morning star to illuminate the darkness of many minds.

The study of law will attract him, such as moral law, criminal investigations and legal-medicine, especially in the latter, for he can unite a knowledge



NO. 626.—CHARLES WADSWORTH PARSONS, LOS ANGELO, TEXAS.

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of both professions in this combination of Study.

He will be heard from wherever he is, and the best thing that could happen to him would be for him to live in the country, where he can have playmates among the animals, and learn all about the birds and plant life, and the various wonders of Nature. He must not be forced, but allowed to grow up naturally. Then he will have a good foundation to build upon, and will be able to gather in knowledge and experience from time to time.

He is naturally ingenious, and will show so much originality of mind that it will be difficult for him to put aside his natural inventiveness of character for the mere every-day affairs of life. His reading must be carefully selected, and he must be given every chance to grow into a full and complete man, mentally, physically, and spiritually speaking. As a professional man, medicine and the law will run a very close chance for a preference, but as his father is a medical man, and can give him every advantage and opportunity necessary for success in life, he may himself select this calling for three important reasons. First, he will come in contact with every phase of human life; secondly, he will enjoy relieving the sick, and adapting his advice to the wants of his patients; and thirdly, he will show a taste for enlightening people on topics of health through the delivery of speeches and lectures before University men, or at Institutes and association meetings, and will write for medical papers.

What an inspiration such a child is, and what endless possibilities lie open before him.

The Barnard Graduation.

In Barnard College an interesting custom prevails, namely, of designating the marvelous diversity of character to be found in the graduating class. For instance, girls are selected to answer the following characteristics: The most conceited, the most fascinating talker, the most conscientious grind, the greatest bluffer, the most sentimental, the most literary, and the prettiest girl in the class.

Any one can easily see that none of the graduates could fill all of these rôles, and they go far to prove that there is a great mental diversity among the students, as the following report states:

"When the president of the above statistics resumed her seat, Miss B., chairman of the Class Day Committee, added that Miss A. had been formally voted the jolliest and most competent member of the class. The presentations were made by Miss C. B. F., and as the class was so large, a considerable number of graduates were 'roasted' in groups. A little pail of pebbles was presented to the orators with an exhortation to follow the example of Demosthenes, and megaphones were distributed to the silent fraternity. Trolley-cars were given to the commuters, and the dramatic stars received a train of railway cars and a trunk. Miss L. received a coffee-mill, not because she is a grind, but because she is devoted to John Stuart Mill, and Miss S. received an engagement book because she can never remember anything. For the class baby, Miss T., who is an unusually tall young woman, an infant's cap had been provided. 'It was the largest I could find,' said Miss F., apologetically, 'but if your head keeps on swelling you can let out the gathering strings.' Miss E., the president of the class, received a hobby-horse, because she has so many hobbies, and a similar toy was presented to the ex-president, Miss A., because she has none."

Character thus shows itself in college, as well as in after life, and wise is the individual who knows how to make the most substantial use of his or her best talents.

What applies to college girls is equally applicable to college boys.

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THE RATIONALE OF PHRENOLOGY.

By F. W. WILKINSON, OF LONDON.

(Continued from page 195.)

Further, we can give a man advice by which he can so exercise his powers, physically and mentally, that he can make the best of himself, and thus by persistent effort considerably increase his moral and mental value, not only personally, but socially and to the community at large.

Now comes the reasonableness in putting these truths into practice, so as to realize their value as factors in one's individual life.

We will deal with the brain. First, as regards its size and quality. Is it possible for a man to increase the size and change the quality of his brain, and, if so, will the skull enlarge so as to allow for an increase of brain growth? This is a question that was put to me the other night, and, as it deals with the fundamental principles of phrenology, I will answer it, because it seems to me to be pertinent to the topic before us. The person who put the question to me was under the impression that the bones of the skull would be very rigid and hard, so that if the brain could grow in size it would be an impossibility, because if the brain at present fills the skull and its shape and size are determined by the shape of the skull, then with a hard and fixed bony boundary there would be no room for growth. Hence, the practical application of phrenology, as far as self-development or evolution is concerned, would be an impossibility. On the surface the argument looks very strong, and to a good many minds would be convincing, but facts are what are needed and theories must give way. Professor Agassiz was informed by a friend that he had caught a trout; I believe it was twelve or fourteen pounds in weight. The professor looked at him and thought it was a very fishy tale, and told him it was impossible, as that fish was never known to get anywhere near that weight. The relator stuck to his guns. Sometime after he went fishing and caught one the size he had stated. He had it packed in ice and sent to Professor Agassiz who replied on a postcard, "One fact shatters all theory." This, from a scientist of his reputation, was a grand admission, and so one fact on this principle would be sufficient, but if needs be many could be produced, which would confirm any really balanced judgment. Need I remind you that Henry Ward Beecher consulted Fowler and was told by him that he needed to develop certain faculties in order to give him dignity, etc., to occupy the position for which he was mentally qualified, and how that he put himself through a course of training and not only developed this one faculty, but by his mental activity enlarged the circumference of his head by one inch. This enlargement took place in a period of three years, from 1860 to 1863. And that the organs of self-esteem, veneration and causality had largely increased; they were then prominent in comparison with the other organs. This evidence would satisfy Professor Agassiz, but it is by no means limited to one fact. If you will ask any hatter you will be informed that men need larger hats, and it is said that Gladstone was constantly needing larger hats. This can be accounted for by the fact that he was constantly exercising his brain and at the same time giving to it the necessary food, both mentally and physically, so that as it was rebuilt from time to time, it was of larger dimension. Of course it works on the principle that legitimate or normal exercise of any part of the human system draws to it a good supply of blood, and hence it is built up not only to its full capacity, but by use the capacity increases. Take the hand or leg or any other organ and the same principle is patent. A lad using a large malt-shovel develops a larger hand as well as good muscles to the arm, and the blacksmith's arm is proverbial, even in the song of the Village Blacksmith, and by parity of reasoning as man is built on one plan, this principle applies with regard to the brain. But, says one, what about the skull? This argument or objection may be met in several ways. The increase or development of any particular organ, so as to become apparent to any degree, will depend very largely upon the general constitution of the individual himself and his mental makeup. It is true that in some cases it will take a considerable time for there to be any apparent difference manifest in the conformation of the skull, but it will ultimately manifest itself. The first effect may be that the increased activity may be effective in gradually causing the bone to become thinner in that particular location of the organ, and by that process prepare for the enlargement of the bone, by a system of expansion. To illustrate my point. A person's big toe-nail has grown in through not being properly attended to, and it becomes painful through the pressure upon the nail. You pare it as much as you can. but still it is painful, and you are afraid you will have to go to the chiropodist or the doctor. Pare the nail down in the centre and it will give more play, and the

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nail instead of contracting, as it is now, and causing pain, will begin to branch out from the sides and will become amenable to your efforts, so that you can pare it from the sides and hence avoid future pain.

So the heat, that is increased heated temperature in that particular organ which it is desired to develop, will refine the texture of the bone in that particular part and give more room, not only in the exact spot where it is desired, but also by the process prepare for a general enlargement of the skull or that particular part on the skull where the enlargement is desired. I need hardly remind the student that if you take a skull and put a light in it you will perceive by the greater transparency manifested by some parts of it the location of the organs that were most active, because the process above mentioned has materially thinned the bones of the skull in those particular parts.

Need I further state that the bones themselves are also subject to the law of expansion and growth when required, and that nature is so plastic that it adapts itself to the conditions in cases of hydrocephalus or water on the brain. You will no doubt have noticed how the head has enlarged and how the bones have expanded or grown to meet the needs of the case. And if nature will meet the needs of abnormal cases, surely she will be responsive to all normal cases, as the case may demand. So that from general observation as well as cases which may be brought to your notice from time to time, you will see that the objection of the growth of the skull to an enlarging brain is met and fully answered.

You will have noticed that I made the remark that the development would depend on the individual concerned. I have noticed the change in the formation of the skull of individuals. I remember very distinctly some sixteen years ago seeing a young man whose forehead was exceptionally narrow; the back part of the head being fairly wide simply made the forehead more conspicuous. The young man had commenced to study. I saw the same person some six years after and was astonished at the great change. His forehead having impressed me very much, and thinking that I should meet him at a gathering of gentlemen, I was looking for the distinctive feature, the narrow forehead, but could not find it. For the forehead had widened, and indeed the whole of the front of the head had done the same, until there was very little difference between the width of the front and back.

I have not seen so striking a change in the form of the skull as in this particular case. I need hardly say that the young fellow was a deep student and had given himself very heartily to his work.

I need not dwell more on this point, but may safely leave you to make your own observations and thus be self-convinced on this particular phase of the question. Resting assured that if you will only exercise a critical observation and a degree of patience you will sooner or later be rewarded by evidence which cannot be refuted, and by which you will be able to meet any objector that may present himself with an objection, on the ground of the hardness of the skull and its impossibility to adapt itself to an increased or increasing brain capacity.

Now with regard to quality. Is it possible for a person to improve the quality of his brain? Certainly. Were it not so, what good would education be, and what advantage would a man gain for the time he spent? Education is not simply gathering information or a lot of facts. Education is the leading out of what powers a man possesses and improving them. But the question may arise, how? Yes, that is the question, but a little thought will very soon explain that. The force which renders soluble and refines in most cases is heat, and this is especially so in minerals, etc. Now by the exercise of the brain a great supply of blood is demanded; this, with its retarded motion generates heat, and the heat produced not only creates a ratio of vibration and gives intensity of action, but also exercises a refining power or effect upon the substance of the brain. This of necessity must be the case in the first instance of the activity of the brain. In connection with the cell theory and fibrous theory of the two matters of the brain, there comes certain features which need to be considered. In the activity of the brain that is by cogitation and thought, brain cells explode or break down, *i.e.*, every impression that is made upon the mind is through the explosion of brain cells, the report or vibration of this explosion is carried by the brain fiber to the chamber, or center, or threshold of consciousness, and were there no explosion of the brain cells to create vibration, there would be no consciousness of an impression, and even in some instances when there is an explosion, the attention being fully engaged, there is no recognition of an impression, or it is a delayed recognition or consciousness.

(To be continued.)

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ANNUAL REPORT OF THE FOWLER INSTITUTE, LONDON.

We have great pleasure in presenting to you the fourteenth annual report of the Fowler Institute. During the past year the work of the Institute has been by no means stagnant, yet we cannot boast of executing great things; in fact, it will not do to be too easily satisfied with our achievements, for much has yet to be done before the principles and usefulness of Phrenology are widely known. The signs of the times are encouraging; Phrenology as a science is more heartily indorsed and inquired into than formerly. As an Institute we must be prepared for this spirit of inquiry, and we can do this best by being well grounded in the theory and practice of Phrenology as laid down by Gall, Combe, and Fowler. As an Institute we still make teaching a specialty, and we are pleased to report that we have a number of intelligent students who are industriously applying themselves to a fuller knowledge of Phrenology. Our monthly class for past and present students has been well attended during the year, and interesting discussions have been held. We have now arranged for a special outing on the last Saturday afternoons in the month; our intention is to visit portrait galleries and museums. We are hoping that these excursions will be socially and intellectually profitable.

In the July examination of last year the following students were successful in gaining the diploma and certificate of the Institute:

Mr. J. H. Wild, of Sheffield; diploma with honors.

Mr. W. K. Smith, of Dundee; diploma with honors.

Miss A. Brackenridge, of South Africa; diploma.

Mr. A. Dayes, of London; diploma.

Miss L. Hendin, of London; diploma.

Mr. A. E. Byron, of London; diploma.

Mr. John Asals, of London; diploma.

Mr. H. Braithwaite, of London; certificate.

Miss A. Vickers, of Birmingham; certificate.

Miss E. Horsfield, of Luton, certificate.

At the examination in January, 1904, the following students were successful:

Mr. W. M. Cassidy, of London; diploma with honors.

Miss E. Horsfield, of Luton; diploma.

Mr. Thomas Finch, of London; certificate.

During the past session eight monthly meetings have been held; the lectures given have been of the useful and interesting kind, all bearing upon Phrenology and kindred subjects. We must acknowledge having had difficulty in getting large public meetings in the city, and of course our provincial members have not the opportunity of attending these meetings. Our best thanks are due to those who have so kindly lectured for us. During the past year many of our fellows have been actively engaged in propagating Phrenological principles; several also have attended bazaars, and in various ways have rendered good service in advocating the advantages of Phrenological knowledge. We should be glad if our London and provincial members would make known among their friends the advantages of membership with the Institute. We also should be obliged for reports of meetings, or anything of interest for the PHRENOLOGICAL JOURNAL, as we are wishing to introduce more English matter in the pages of the JOURNAL.

D. T. Elliott.

We heartily congratulate the above students on the successful termination of their studies, and hope they will continue them as they fill their various positions in life.

(J. A. F. Lady President.)

FOWLER INSTITUTE.

The annual meeting of the Fowler Institute was held on May 4th. Mr. A. Dayes occupied the chair. The annual report, which was read by Mr. D. T. Elliott, showed that the work of the Institute is not stagnant. The various departments of the Institute are in a healthy condition. Following the report a capital address was given by Mr. G. Wilkins on the advantages of Phrenological knowledge. He gave several incidents in which he had succeeded in helping his friends by a Phrenological reading. He urged the members present to do their utmost in making known the advantages of membership with the Fowler Institute. A short address was given by Mr. D. T. Elliott, bearing upon the work of the Institute, particularly in the teaching department. Diplomas were given to Mr. Cassidy and to Miss E. Horsfield. Mr. Cassidy, in acknowledging the diploma, spoke in high terms of his connection with the Institute and the benefits he has derived through the study of Phrenology. Mr. Thomas Finch, on receiving the certificate of the Institute, also spoke in appreciative terms of the help he had received in his studies. Mr. A. Dayes added a few interesting remarks in the course of the evening. A letter was read from Mr. W. J. Williamson, Vice-President, in which he regretted his inability to attend the annual meeting. He also expressed his unabated interest in the Fowler Institute and the science of Phrenology. Votes of thanks brought the meeting to a close.

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THE

Phrenological Journal

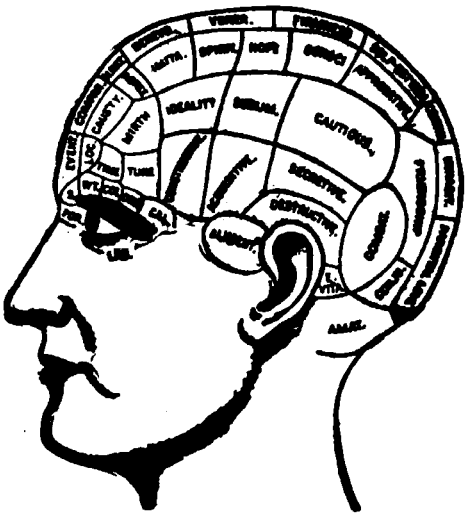
AND SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

Phrenological Magazine

(1880)



NEW YORK AND LONDON, JULY, 1904

Never desert your line of talent. Be what nature intended you for, and you will succeed; be anything else, and you will be ten thousand times worse than nothing.—SYDNEY SMITH.

INDEPENDENCE DAY.

BY MARGARET ISABEL COX.

Wake thou, O self, to better things.
To yonder heights uplift thy wings;
Take up the psalm of life anew;
Sing of the good, sing of the true;
Sing of full victory o'er wrong;
Make thou a richer, sweeter song;
Out of thy doubting care and pain
Weave thou a joyous, glad refrain;
Out of thy thorns a crown weave thou
Of rare rejoicing. Sing thou, now.

HOW TO SUCCEED.

During last month hundreds of girls and boys were graduated at the various high schools, colleges, and universities. At Vassar alone a hundred and seventy-five were graduated this year. At Barnard, Mount Holyoke, and Wellesley, among the girls' colleges, and Harvard, Yale, Cornell, and Princeton, among the boys' universities, interesting graduation exercises have been held, and words of counsel have been given to these clever aspirants of honors and diplomas.

The next question that faces these intelligent young men and women is, what are they going to do with the knowledge they have gained, and how are they going to specialize so that they can make life a success. This is the problem that is facing many of the more earnestly inclined ones. That an education is necessary for all avocations in life, however humble the work may be to the most difficult avenues to fill, is recognized by all our deep thinkers to-day. But are our young people all educated for the work for which they are the best adapted? Can each

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one say, this is my work, and I am well prepared to compete in this line of thought? Unfortunately the "round peg gets into the square hole" very often, and years after the graduation day men and women consult Phrenology upon a matter of vital importance to them, namely, in what they can do the best. Had every graduate asked that question before, whether he or she expected to earn a living or not, the wheels of society and business life would pass along more smoothly, but it takes many years of failure to convince some men and women that Phrenology is the friend of those who want to know and learn more about themselves.

How interesting it would be if at the graduation exercises some Phrenological estimate could be given to each graduate, as follows: Your mental capabilities fit you to become a librarian, a statistician in the employ of the civil service, an artist, a bookkeeper, a confidential bank assistant, a literary stenographer, a business agent, or in the many other lines of work that are daily forcing themselves upon the notice of those who are college graduates. To some could be given the certificate of capability for teaching, others for speakers, agents, and collectors, some for the professions, as doctors, medical missionaries, surgeons, osteopaths, dentists, lawyers, criminal detectives, others for ministers and the kind of ministers they would make. If this suggestion were in vogue, and the time is coming when it will be, much valuable time, uncertainty, and expense would be saved. Could not some plan be adopted by which graduates of our high schools could be helped to decide immediately what special course the young graduates should take to prepare themselves for further study and what college they should attend. Where this is impossible, and persons wish to understand Phrenology more clearly for themselves, a course of two months' training has been arranged by the American Institute of Phrenology, commencing on September 7th, when time and special attention will be devoted to those who are anxious to become better citizens and more successful men and women.

Let those who are thinking of taking this course make their arrangements early. Some might combine their summer holiday with such a course, for it will prove enjoyable as well as beneficial.

For fuller particulars write to the secretary of the Institute, 24 East 22d Street. Those students in England who are anxious to have their instruction from the Fowler Institute, Imperial Buildings, Ludgate Circus, London, should make inquiries there.

THE AMERICAN INSTITUTE OF PHRENOLOGY AND ITS PROPOSED NEW WORK.

The Institute has done good work since its incorporation in 1866. It has graduated over seven hundred students. Among them it has had over thirty-two medical men, over twenty ministers, and more than that number of members of the legal profession and public-school teachers. There are several medical men and ministers among its professors.

Among the founders of the Institute were Amos Dean, Horace Greeley, Samuel Osgood, D.D., A. Oakey Hall

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(former Mayor of the city), Henry Dexter, and R. T. Trall, M.D.

The principal subjects taught in the Institute are Anthropology, Ethnology, Phrenology, Anatomy, Physiology, Physiognomy, Heredity, Hygiene, and Elocution.

The study at the Institute appeals to all classes of men and women: (1) To young men and young women just starting out in life who are anxious to know their proper calling; (2) to mothers in the management of their children; (3) to housekeepers engaging help; (4) to clergymen, who are called upon to explain one's moral nature and its needs; (5) to lawyers who are obliged to judge their individual clients and the justice of their claims; (6) to physicians, whose duty it is to diagnose all classes of patients; (7) to teachers, who have all kinds of dispositions to train and teach; (8) to business men, who have to employ a great variety of character; (9) to managers, who have to possess a knowledge of human character in training their assistants.

The new object of the Institute is to found a college which shall be a permanent institution for the use of students of Human Science, Phrenology, and Psychology. The proposed college, it is hoped, will secure the following advantages, and its objects are:

1. To secure a permanent location for the work of the Institute.

2. To enable the course to be extended over two to four years.

3. To allow full laboratory and clinical facilities to students.

4. To supply an auditorium for public and private meetings, where lectures can be delivered, conferences convened, discussions held, and papers read on the various departmental work.

5. To allow accommodation for class work, a library, a museum, and a natural history room.

6. To provide committee and officers' rooms and private consulting rooms.

7. To supply an infirmary and rooms for the detention of special mental cases, under the care of competent nurses and medical attendants.

8. To provide for publishing, sale, apparatus, and editing rooms and facilities for sending out correspondence courses.

9. To provide an employment bureau, where employer and employee may meet.

10. To provide school-rooms for mentally weak children, or those who have an arrest of development, and a room for the examination of specially bright and talented children.

In order to consummate this end, The American Institute of Phrenology (Incorporated) has started a Building Fund, and subscriptions are solicited. A number of friends have already shown their interest in the work and the furtherance of its objects by subscribing thereto.

Friends who have private collections, museums, or libraries to dispose of are asked to donate them to this new object. Legacies or memorial offerings (from those who have been led to fortune and success through the aid of Phrenology) should be made payable to the Treasurer of the Institute, 24 East 22d Street, New York, from whom further particulars can be obtained.

I never did anything worth doing by accident. Anything I have begun is always on my mind, and I am not easy while away from it until it is finished.—Thomas A. Edison.

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REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

"Science of Health, from the Viewpoint of the Newest Christian Thought." By Samuel



BISHOP FALLOWS, OF CHICAGO.

Fallows, D.D., LL.D., and Helen M. Fallows, A.M. Chicago, Ill.

Books are being published galore on The Science of Health, but very few are published from the viewpoint of the newest Christian thought, and this is what Bishop Fallows, ably assisted by his daughter (Helen), has had in mind when he issued his recent work on the above subject. "The aim," he tells us in the preface, "is threefold. First, it is to show that every truth regarding the mental and spiritual healing of the body, by whatever school taught and practiced, is to be found in the Bible. It is to affirm in the most positive, and, it is hoped, in the most conclusive manner, that the newest thought regarding the mind or soul over its material organism is but the conception or the expression of the power manifested in varying forms of Him who is the Light of the World. And further, it is to assert without the shadow of wavering that no one need desert the Church of Jesus Christ and originate hostile organizations in order to maintain the fullest belief in the supremacy of the immortal self over the entire external world," and the writer proves that however widely apart various writers may appear to be in their works on Psychology, Philosophy, and Theology, that they essentially agree in the recognition of the profound truth of the immediate presence of God in His Universe, and of His ability and willingness to heal.

The author's second object in writing the book is to help the reader in his personal and home life to apply the great truths therein presented to the bodily healing of himself and those around him by the Divine and yet thoroughly human law of suggestion. It is also to make distinctly clear that in the working of this great law of suggestion our Heavenly Father acts upon the principle enunciated by the great Healer Himself, when "He maketh His sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust." He thus includes all modern thought on the great modern subject of suggestion.

His third object is to establish an indisputable scripture testimony that the Bible clearly recognizes the value of physicians in their appropriate places. It is therefore to confidently claim that the complete faith in God and Jesus Christ, whom He has sent for the sanctification of body, soul, and spirit, may exist in perfect harmony with the belief in the efficacy of remedial agents.

There is not another book in existence that stands out so boldly as a text-book of the best thoughts of so many minds on the problems that are agitating the minds of people to-day, and it is on this account that we highly recommend this book to all our readers. Such a compilation requires a peculiarly adapted mind to the subject in order to grasp the meaning of the writers, and to give in a condensed form the kernel of so widely a read mind as Dr. Fallows's.

One chapter on "I Will," another on "I Will Not Worry," another "I Will Love," are three very strong factors in making the book what it is. Everyone ought to read it for himself. No review can do it justice, and everyone will feel repaid by giving it due thought and consideration.

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TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

750.—W. H. G., Assa, Can.—Your photos indicate that your head is large in proportion to your body, and that you will always enjoy doing mental work to hard, physical work. Your brains will save your hands every time, and although you are healthy, yet you must get out in the open air as much as possible when not engaged in teaching.

You will succeed as a writer, speaker, or lecturer, and could become a very good practical Phrenologist. The science is one that will appeal to you in many ways. You have large Comparison, Causality, and Human Nature, all of which faculties you would desire to use in such a study.

You like to reason things out for yourself, and always test your intuitive powers before you trust to them. The moral faculties being well developed, give height to your head, and a round appearance to the upper section of it.

You are wide-awake to the wants of others, are kind-hearted, sympathetic, and interested in reformatory work. The occupation of literature will eventually interest you not a little, and your language will always be choice and well selected.

You would derive much benefit by the study of Phrenology.

751.—J. L. C., Cleveland, Tenn.—The motive temperament is strongly developed, and disease will find hard work to fasten itself upon you, for you have a healthy organization, and one that is adapted to executive work. You should be able to carry responsibilities, to superintend others, and organize some large concern.

You are a keen observer, and know everything that is going on in town, and could edit a paper creditably, or collect the information that editors want to know.

You will succeed very well in the study of law, especially as a criminal expert. No one will be able to elude your investigations. You are in your element when you are informing your mind on scientific, practical, or sociological topics.

You are a law to yourself inasmuch as you do as you agree, and agree to do what is right. You always speak to the point, and like others to do the same. You look ahead and see what is coming.

As a man among men you ought to exert quite a positive influence, and men will respect your decisions.

Give some attention to oratory and debate, for you will succeed and enjoy this work.

752.—J. M., Springfield, Mass.—This lad has a predominance of the vital temperament, and is taking on a good deal of mentality as he matures. He is becoming better balanced, and we think he will show a good deal of harmony between his mental and physical powers when he is twenty-one years of age. He will be able to earn his living without taking off his coat, if he will attend to his present educational advantages. He is a lad who will be able to profit by a good education, and it would not be a waste of money to keep him at school and send him to college. He has the nature that will naturally fall into the directorship of others, either in the study of law, as applied to international affairs, or in the commercial interests of some large and important trust company. He has excellent abilities for both callings. His sympathies will be broad, and will enter a wide area of work. No limited sphere of position will suit him. He will have a powerful influence over others, and even if he takes up the commercial end of a profession, which he is likely to do, he will manifest considerable interest in financial matters, in the expenditure or laying out of money at interest, the investment of stocks, and the building up of some large enterprise. Let him therefore study practical mathematics, political economy, the modern languages, commercial law and finance, for these will put him on his feet, as the saying is.

Let us hear of the development of this boy from year to year. He is worth taking great pains with in his bringing up.

T. P. Lumsdon, Thornley, England.—This is a very impressionable lad, strongly sympathetic. He will be easily influenced for good, and he will manifest a good share of moral courage, in defending the right; all the moral faculties are large; in directing him you will do well by appealing to this side of his character. See that he has plenty of physical exercise and that he gives full attention to small things. There is a tendency for him to live too much in himself. He is very imaginative, and in some things will be too visionary. Give him the opportunity of learning music. He is best adapted for light mechanical work that will call into exercise his designing, constructive, and artistic abilities. He is a type of boy that will show to greater advantage when he reaches maturity.

W. P., Norwood, England.—This is a very active, restless boy; he is too fond of change and variety, and it will be difficult for him

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to settle down to study seriously. He cannot tolerate much restraint, neither is he very cautious, hence he runs into danger without exercising forethought. Fortunately he possesses strong sympathies and a good share of Conscientiousness; his conduct will be best regulated by your appealing to these faculties; it will not do for you to be harsh with him. Although not a close student, he will learn quickly, and in many respects he will be mentally sharp and quick. He will not make a shrewd business man; he is best adapted for active employment; he should have a trade; we consider he will be in his element in traveling; he certainly will want plenty of freedom and elbow room in life. He will not hesitate to assert himself, but we do not consider him harsh.

OUR CORRESPONDENTS.

M. E. B., Millersville, Pa.—You ask if we consider the Student's Set the best combination of books for students.

Having had a great to do with students, and having distributed and seen the value of the Student's Set, among those persons who were just taking up the subject, we believe that you cannot do better than secure it if you are anxious to make a substantial beginning in the study of Phrenology, but we do not say that these are the only books that a Phrenologist should have or read. We have a second Student's Set that is valuable for supplemental reading. As you have the Self-Instructor, we will supplement this book for the Manual of Mental Science. Yes, the bust is indispensable for private study, and even when you can secure the right kinds of living heads to examine, you still need the bust to guide you part way in your work.

You say you have bought H. W. M.'s work on Descriptive Mentality, and notice that the author differs in locating the affections, and ask our opinion of his theory. We agree with you that his locations are not borne out by facts, and in the diagram you sent us we can see that Benevolence is the ruling characteristic in her affections, and that through sympathy with others she may apparently make up for what others show in domestic regard; but the affection is not the same as that shown by the social group of faculties.

You ask what prominence has a person's character upon the handwriting? In reply we can say that all handwriting has a certain percent of character manifested in it, but rarely do we find that a person expresses the whole of his character in one letter. We write under different moods and often change from large to small and from small to large writing, as we feel inspired to do at the time.

In reply to your question, have we any books on the subject, we have four—one by Eugene Gorrie, called "Character in Handwriting," price ten cents; "How to Read Character by Handwriting," by Henry Rice, twenty-five cents; Rosa Vaughan's Book on Handwriting, one dollar, and "How to Read Character by Handwriting," Henry Frith, fifty cents.

It is an interesting subject, and many persons are looking into it.

DEATH OF THE LATE MR. JOHN ALLEN, ST. ANNS, KILDRIMOL, ENGLAND

We regret most sincerely to announce the sudden and unexpected death of Mr. John Allen, news having reached us the end of May—his death occurring on May 19th. The Blackpool Herald of May 20th gives the full account of his last hours, which we need not repeat here.

In reviewing Mr. Allen's career (who was born 1821, in Nottingham), we can remember him as a man of exceptional patience and with conscientious scruples, even to the point of generally preferring to differ from everyone else on points of vital importance, provided he took another view of the question.

He was a painstaking teacher, and provided more than ordinary facilities to young men to develop along their finest capacities; he was also a most faithful teacher, and was looked up to and respected by a large acquaintance. In the Phrenological world he gave considerable thought and study to the subject of character, and was of yearly assistance to the Fowler Institute in his valuable help in examining the students who sat for their examinations.

His place will be sadly missed among his towspeople as well as among a large number of his friends in various parts of the world.

PRIZE OFFER.

The replies to the prize offer for June have been very gratifying; first, in regard to the number of contestants; second, in the quality of the replies; and thirdly, in the representative places from which they have come.

The judges have decided in awarding the prize to Mr. Alfred Rickatson, Market Weighton, England, who has summed up the characteristics of the widowed lady in the most complete yet concise way. He received one hundred per cent. "C. H. T.," Trinidad, B. W. I., comes very close to the prize winner. He makes a longer analysis, but fails to mention some important organs. He received ninety-five per cent. "E. P.,"

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Philadelphia, Pa., comes third, and is very clear in his description, and received ninety-five per cent. "D. J. McI.," of Glens Falls, New York, received ninety-five per cent. and sent an excellent article. All three received honorable mention for their excellent sketches.

Of the other contributors, "S. E. B.," Brooklyn; "A. A. B.," Attica; "L. J. Z.," Indianapolis, and I. N. H. B., Elizabethtown, Pa., received seventy-five per cent. Their sketches were correctly worked out as far as they went, and the contestants should be encouraged to try again for the other offered prizes.

The work is helpful from a Phrenological standpoint, aside from the prize that is offered.

It is gratifying to note that "E. P.," from Philadelphia, knew and studied under O. S. and L. N. Fowler at Clinton Hall, in 1852 and 1853, and that the prize winner is one of our oldest subscribers in England.

FIELD NOTES.

Professor George Morris is lecturing in Portland, Ore.

Professor G. Cozens is now lecturing at Crookston, and other towns in North Minnesota.

Professor Levi L. Hummel has been lecturing at Reinerton, Pa.

Professor George Markley is located in Pittsburg.

Professor W. G. Alexander has been lecturing in Winnipeg, Canada.

Professor M. J. Severn is located in Brighton, Eng., where he is lecturing and giving Phrenological examinations.

The following paragraph comes from Mr. W. E. Youngquist, Stockholm, Sweden. It is headed, "Footprints of the Phrenological Journal a Generation ago in Sweden." "How little do we know where a printed page may bring fruit if filled with truths that are immortal, stories that never grow old. In a Swedish book called 'Frenologiens Wufund läror' (Leading rinciples), by Adolph Lundvale, published in 1859, we find among the eighteen works on Phrenology that he names as his sources of information the PHRENOLOGICAL JOURNAL. The book contains one hundred and fourteen pages, and has a mass of fine evidence gleaned from Gall's works and others. On page fifty-two we find this little case mentioned about a certain John Hunter (translation), 'that he was suffering from a diseased condition of the organ of Locality. While on a visit to a friend he suddenly forgot what part of the city he was in. He looked out of the window to refresh his memory, but in vain. He knew of no other location except the one in which he was at the time, though he knew his memory sometimes failed him on this point.' Thus while we are building upon the experiences of the past, we should discharge our debt to prosperity likewise by recording our experiences for the benefit of generations yet unborn."

We are glad that Mr. Youngquist has come across this incident just quoted, and also to know that the PHRENOLOGICAL JOURNAL was read by a Swede in 1859. In 1959 someone may come across an account of what Mr. Youngquist is doing to-day, and will refer with interest to the progress that Phrenology has made in that country since 1904.

At Mansford Street Board School, Bethnal Green, London, E., on March 22, 1904, Mr. Dimsdale Stocker delivered his delightful lecture, entitled "The Face as a Key to Character; or, Facts About Features and Faces."

The audience, which consisted of the members and friends of the Abbey Street Band of Hope, were exceedingly fortunate in having such a treat. Mr. W. Martin, who presided, briefly introduced the speaker, who then proceeded to keep his audience entranced for about an hour. He had to admit that faces were necessary evils; we all had them and had to make the most of them; a result to be obtained by following up closely the study of Physiognomy (Gr. Physis, Nature and Gnomon, an interpreter). He advised them to study their neighbor's face, or rather, for safety, their next but one neighbor's—good advice with a mixed audience.

The lecturer pleaded to be excused, as his remarks would be "personal remarks," and he then proceeded to explain the composition of the various faces, starting with the brainy, followed by the bony, muscular, and the fleshy—asserting that quality was essential, but given quality, quantity was helpful.

He endeavored to get his audience to agree that faces were a merciful institution of Providence, for the revelation of the face helped us to avoid the bad person and to trust the good.

Making good use of the blackboard, the speaker then rapidly drew sketches of the various features, the nose coming in for special treatment, illustrations being given of the pronounced Wellingtonian to the other extreme of "Mary Jane's" little turn-up tip, known as the heavenly because of the direction.

The advice was given to always follow your nose—this advice, unlike the advice usually given, was universally accepted by the audience.

The chin—that distinctive monopoly of man—was next treated, and then the eyebrows and the ears, the musical hearers listening most intently as it was explained that owing to sound waves being round, this form should be found in a good musical ear.

At the close of his address he gave,

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among others, a delineation of the popular Superintendent, Mr. John Dollwood, and despite the Father Christmas beard, the delineation was strikingly successful, even to one or two little peculiarities which are usually associated with such a strong, healthy, robust character such as the genial and well-beloved Superintendent possesses.

So successful was the delineation that it was noticed that no other officer of the society accepted the offer, one giving as his reason that he was afraid that instead of the officers managing the members, the members would manage the officers, owing to their weak points becoming known.

Hearty and enthusiastic thanks were moved and seconded by Messrs Bradstreet and Forster to Mr. Stocker for his excellent, witty, and helpful lecture, and of congratulation to the society that they possessed such a friend as Mr. John Asals, through whose kind instrumentality Mr. Stocker had come.

The lecturer, in replying, stated that the audience had been the most attentive that he had ever had, and now the officers are saying that the members "want more," and they are determined that this wish shall be gratified, for not till then will they be satisfied.

THE FOWLER INSTITUTE, LONDON.

During the month lectures have been given in connection with various societies by Mr. G. Wilkins, Mr. A. Dayes, and by Mr. D. T. Elliott.

The students' monthly meetings are held on the last Tuesday evening in the month.

The Fowler Institute, London, opens its Autumn Session in September.

H. D. McDowell has been lecturing at Splitlog, Mo., but intends to return to Texas in September, where he finds many people interested in Phrenological Literature.

We have heard from the following Phrenologists who are giving examinations and lectures:

C. A. Hewes, Albany, N. Y.; P. H. Flanigan, Providence, R. I.; E. A. Bradley, Eagle Lake, Minn.; W. J. Cluin, Watertown, Wis.; J. M. Fitzgerald, Chicago, Ill.; Allen Haddock, San Francisco; John L. Capen, M.D., Philadelphia, Pa.; Wm. Musgrove, Blackpool, England; M. Tope, Bowerston, O.; Collin Green, Oglesby, Texas; H. W. Smith, Lake Preston, S. Dak.

John Barrowman, class of 1903, is now in Glascow, Scotland.

NOTICE.

The first meeting of the American Institute of Phrenology will be held on September 7th. Friends must keep this date in remembrance.

SENSE AND NONSENSE.

COMPLETED PROVERBS.

By L. deMatthewman.

"Put your shoulder to the wheel," if you cannot get some fool to do it for you!

"There's many a slip 'twixt" the cradle and the grave.

"Silence answers much," but in a language not generally understood.

"Everyone of us getteth his desert, somewhow, somewhen, somewhere," but how, when or where, God alone knows.

"Wisdom is a defense," lack of it offensive.

"A fool and his money are soon parted," when the fool has friends.

UNSTABLE CRITICISM.

First Actor: "What do you think of Macready Barnestormer's performance of Hamlet?"

Second Actor: "Uncommonly good, dear boy, splendid."

First Actor: "H'm. He says your Hamlet is the most antiquated thing he's ever seen in life outside a penny gaff."

Second Actor: "Ha! Well, no doubt we're both wrong."—London "Judy."

An orator at one of the university unions bore off the palm of merit when he declared that "the British lion, whether it is roaming the deserts of India or climbing the forests of Canada, will not draw in its horns or retire into its shell."

"Hello, Smith; suppose a man marries his first wife's stepsister's aunt, what relation is he to her?"

"First — wife — um — step-aunt — er —let me see; I don't know."

Bright fellow: "He's her husband."

REALISM.

It is said that a certain young lady in a certain printing-office has a special talent for drawing. One day she drew the picture of a hen so true to life that when she threw it into the waste-basket it laid there.—"The Lyre."

USUAL.

Conductor (to stranger in New York): "Did you want to get off at Fiftieth Street?"

Stranger: "Yes."

Conductor: "Well, step off at the next corner and walk back ten blocks."—"Life."

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FOWLER & WELLS CO.

On February 29, 1884, the FOWLER & WELLS CO. was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of Fowler & Wells.

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of **FOWLER & WELLS CO.**

THE SUBSCRIPTION PRICE of the PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE is $1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to Fowler & Wells Co., and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the PHRENOLOGICAL JOURNAL and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Human Nature"—San Francisco.—For June contains an article by the editor, Allen Haddock, on the Rev. A. Drahms, Chaplain of the State Prison, San Quentin, Cal. We are glad that Mr. Haddock has had the opportunity of seeing this influential and unique personality. A few months ago we had the pleasure of reviewing his new book on his work, and we consider he is doing a noble work in humanizing and saving many lives from ruin by his practical understanding of Phrenology.

Mr. Holt writes on "What Is Prophecy or Suggestion"? Other interesting articles fill this journal to overflowing with good things.

"Review of Reviews"—New York.—Has an article on "The Coming Presidential Contest," among other interesting articles.

"Suggestion"—Chicago.—Contains an article on "Subconscious Health Centres," by Albert B. Olston. The writer of this article says, "There is to-day a greater need of a more rational mental hygiene than ever before." "Suggestion in the Cure of Consumption," by Dr. Eliscu, and "X-Ray Phrenology and Surgery," by Prof. J. M. Fitzgerald; "Physic Forces," by Dr. C. O. Sahler, are interesting original contributions.

"Human Culture"—Chicago.—Contains many articles that are bright and telling, and several illustrations that are able to impress its readers at once with the logic of the words that accompany them.

"The Popular Phrenologist"—London.—Contains an article by James Webb on "The Educational Side of Phrenology," and Mr. Severn continues his sketches of public men.

"Ye Quaint Magazine"—Boston.—"The Electricity of Health" is an editorial of some general interest, especially now that we have various methods of storing and using this wonderful force.

"Lippincott's Magazine"—Philadelphia.—Contains nine pleasant short stories of agreeable variety. A new series, called "Popular Papers," are four in number, one being a readable bit of natural history on "Spider Webs and the Brains Behind," by Frank H. Sweet, which is short and to the point.

"Dispatch Leader"—Michigan.—Is a respectable little paper of eight pages, but it is astonishing—through the editor's contrivance—how much is crowded into its pages.

"The Providence Eagle"—Providence.—Is a newsy local paper, and one that everyone can find something to interest him without looking through a world of advertisements, as is the case with so many papers gotten up for the advertisement side of the business transaction.

"Health, Physical Culture, and Hygiene"—New York.—Contains an opening article on outdoor games for girls, and is appropriate for this season of the year. Dr. Ellen Goodell Smith writes an article on "Olive Oil," and its use.

"The Buffalo Christian Advocate"—Buffalo.—Is conducted on much the same plan as several religious papers bearing the

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name of Christian Advocate in the country, and well edited.

"The Cedar Spring Clipper"—Michigan.—Is an excellent little paper containing an illustrated article on the St. Louis Exposition; also short State items and Michigan matters boiled down to an essence.

"The Philosophical Journal"—San Francisco.—Contains many interesting features in the occult line of thought.

"The Long Island Traveller"—Southold, New York.—Contains an article on "Curious Things in China," which are to be seen in the St. Louis Exposition. Another article on "Uncle Sam's Wonders" gives an account of what all the executive departments have sent of their treasures to the World's Fair.

"The American Medical Journal"—St. Louis.—Contains an original article on Pneumonia, by Dr. T. J. Daniel; one on Acute Appendicitis is also interesting.

"The Gainsborough Sentinel"—Tennessee.—This paper contains interesting notes on events taking place at North Springs, Ivy Gap, Granville, Millcreek, Fort Blount, among other places of the neighborhood, and it reaches an extensive population.

"The Gospel Messenger"—Illinois.—Reports on the World's Sunday-school Convention in Jerusalem, which must be a very interesting gathering.

"The Eldon Advertiser"—Eldon, Mo.—This paper contains news concerning the State of Missouri, and in a recent number published the portrait of Mrs. Frederick Schoff, President of the National Congress of Mothers, and is a champion of the children. She is a Philadelphian and has seven children of her own, to whom she is devoted. This paper is well edited.

"The Club Woman"—New York.—This is an enterprising magazine of considerable moment to women, and is doing excellent work.

"Toilettes"—New York.—Is an interesting magazine for ladies, and its ingenuity is the striking of its success.

"Madame"—Indianapolis, Ind.—Contains an article, "Why More Women Attend Church than Men," by Stephen A. Northrop, Pastor of the First Baptist Church. It is an interesting article, and well worth a careful perusal.

"Concord"—The Journal of International Arbitration and Peace Association, London, Eng.—It mentions the arrangements that have been made to hold England's first National Peace Congress in Manchester, which was to be held on June 22 and 23. At the twelfth Universal Peace Congress held at Rouen in September, 1903, a resolution was adopted as follows: The Congress expresses the hope that, as the International Congresses are still to be held annually, National Congresses should be held previously to prepare for the International Congresses, and assist in the National Propaganda.

PUBLISHERS' DEPARTMENT.

"Wedlock," by S. R. Wells, has passed through many editions, but the matter contained in this wonderful book is particularly adapted to the rising generation. The subjects of love, courtship and marriage are dealt with, being a practical guide to all the relations of happy wedlock. Price, $1.50.

With a knowledge of "The Temperaments" it is more easy and accurate to understand the characteristics of individuals. This is a title of a book by D. H. Jacques, M.D., with an introduction by H. S. Drayton, M.D. It tells how to cultivate and restrain temperamental tendencies, and is a work which should be in the hands of every student of human nature. Price, $1.50.

"History of Salem Witchcraft," a review of Charles W. Upham's great work, from the Edinburgh "Review," with notes by Samuel R. Wells, and contains also "The Planchette Mystery, Spiritualism," by Mrs. Harriet Beecher Stowe, and "Dr. Doddridge's Dream." Price, $1.00.

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"Mental Science" is selling well, and another edition has been bound. The following from a daily paper here, talks plainly: Price, 30 cents.

Mrs. Commelin has written a book of "Poems," the edition of which is exhausted, and her later one, "Of Such is the Kingdom," received more than sixty press notices of great praise. A tribute to the uniform quality of these poems is in the fact that especial attention is given by different papers to different poems. While the "Review of Reviews" mentions that "Some of its sonnets and lyrics are of commendable quality," the "New York Observer" stated that if the author had written nothing else but her lines about the children, she would deserve to be ranked with the poets, adding that it is a sweet and tender poem about them. The book would be a valuable addition to any library, said the "Overland Monthly," and tributes to special poems, such as "The Poet's Gift," "Life," "Poems in Sorrow," "The Light Within," "One Soul," have been printed in prominent papers. Price, $1.50.

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"Child study is at last receiving the attention it deserves. It seems strange that for years the leaders of the intellectual world devoted unlimited time to quarreling over studies and courses, books and gave a second's consideration to the complex and wonderful nature of the child for whose benefit all their wrangling and labor were supposed to be employed. Among the many scholarly philanthropists who have brought about this change, Miss Jessie A. Fowler, of this city, holds a deservedly high position. She has studied the matter herself with rare skill and assiduity, and has contributed many monographs of value to the literature of the subject. Her last work is ' Manual of Mental Science for Teachers and Students; or, Childhood—Its Character and Culture.' In this thoughtful venture she applies the latest discoveries in phrenology, craniology, and psychology to the education of children. She points out the necessity of studying the skull as well as the mind of the scholar, so as to obtain a better knowledge of the brain within. She shows the varying action of temperaments and the differences arising from the relativity of groups of faculties. She calls attention to the action of the mind upon the body, out of which observers have constructed systems of physiognomy. Miss Fowler is an expert anatomist and cranioscopist, so that her work has the merit of being precise and scientific. She makes a good base for her theories, and always enjoys her reader's respect and admiration, if not his assent to her propositions." Price, $1.00.

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The fifth work of Anna Olcott Commelin, "Not In It," is a story on the subject of the uncertainty of present money conditions, even with the best provisions of human foresight. "It is," says "The Standard Union," of Brooklyn, "of sincere purpose, of excellent ideals, and evidently written with the desire to inspire and develop a higher thought and life. To say that 'Not In It' is a book of mysticism and socialism might, perhaps, be taking it too seriously, but certainly its lines run into the debatable country in which those themes find largest development." Price, 75 cents.

DR. GEORGE I. MACLEOD IN EASTON.

(From the Easton Daily Free Press.)

Dr. George I. MacLeod, of Philadelphia, secretary of the board of committee on lunacy, visited Dr. C. Spencer Kinney on Wednesday, and made an official inspection of the Easton Sanitarium, spending the whole afternoon there. He expressed himself, upon leaving, as being exceedingly well pleased with the accommodations and care given the patients throughout the three buildings.

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Many a good sermon is spoiled by wearisome repetition and useless padding. A country elder once gave forcible if not poetic expression to this idea in criticism of a prolix discourse to which he had just listened: "That man reminds me of a cow that will give a good pail of milk, and then kick it all over!" Dr. Cuyler gives us in part the secret of his long success as a Gospel preacher when he says: "I have done many foolish things, and some wrong things, but by the grace of God, I have never done a long thing."

It is sometimes assumed that the modern demand for short sermons is entirely unreasonable, and a sign of the decay of religious interest. On the contrary, it may be just the reverse. There is more intelligence in our congregations than there was in those of a half a century ago, or at any rate knowledge is now more widely dis-

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tributed. Many things may therefore be omitted as already understood. We have a more vivid sense of the importance of time than the fathers had. We are busier in Christian work, as well as in the business of the world.

One of the elements of business success is the condensation of conversations and letters into the smallest number of words that will convey the meaning. Mr. Moody said truly: "When men are putting the former letter of four pages into a ten-word telegram, they will not tolerate long sermons." He who would speak or write effectively on any subject, secular or religious, must know how to express himself clearly, forcibly and briefly, or as another has expressed it, he must know "the divine art of letting go." Otherwise he is likely to undo in the last fifteen minutes all that he had accomplished in the first half hour, and to darken counsel by words without knowledge.

Caldwell, N. J.

The foregoing illustrates the value of a work on Elocution, and we can confidently recommend "Elocution and Oratory," by Rev. Thos. A. Hyde. Price, $2. Fowler & Wells Co.

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In response to the daily inquiries for instruction at The American Institute of Phrenology, we would urge upon all candidates purposing to be with us on the 7th of September to give earnest attention to home study. The coming session will be an important one. A large field is opening for the Phrenologists who have acquired thorough knowledge in the science and art of phrenology.

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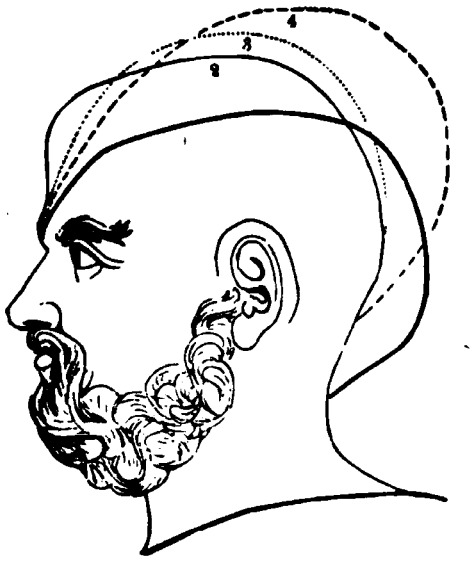
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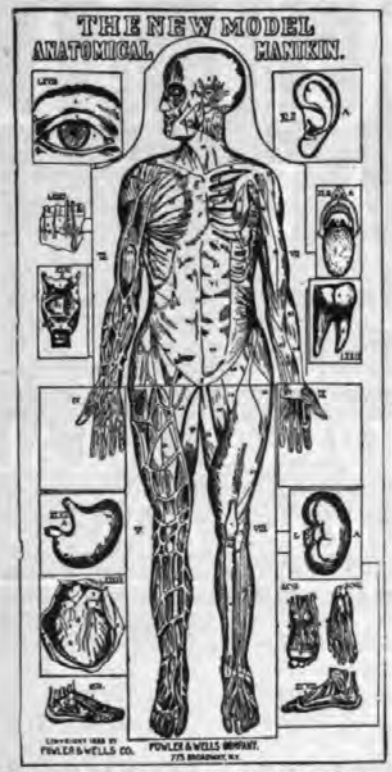
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TABLE OF CONTENTS

Frontispiece—The Language of Eyes, by J. A. Fowler—A Recent Visit to Tiefenbrunn and Longuich, by James Webb—Character Sketch of Mr. Frank C. Jarvis (*with portrait*), by D. T. Elliott—The Study of Phrenology, by J. F. Blackford, F.B.P.S.—Character Sketch of Miss A. Brackenridge, F.F.P.I. (*with portrait*), by D. T. Elliott—The Use and Abuse of Registers, by John William Taylor—Character Study, by R. Dimsdale Stocker—Individuality, by John Henry Wild, F.F.P.I. Hons.—Character Sketch of Mr. John Asals, F.F.P.I. (*with portrait*), by D. T. Elliott—Personal Magnetism (*with portrait*), by A. Verner, F.A.I.P.—Phrenology and the Ideal, by W. K. Smith, N.P.S. Hons., F.P.I. Hons.—Physiognomy and Phrenology (*with portrait*), by W. Hatfield—Character Sketch of Mr. E. Morris (*with portrait*), by D. T. Elliott—Phrenology in the Field, by C. De Lancey Allen—Phrenology: Its Use in the Schools, by L. Genivieve Doll—Phrenology the Basis of a True Education, by Rev. F. W. Wilkinson, F.F.P.I.—Character Sketch of Mr. Lipman Greenstein, F.A.I.P. (*with portrait*), by D. T. Elliott—Phrenology the Nation's Right Hand, by Theodore Wright—Memory, by Adena C. E. Minott—Ethnology, or Races of Mankind, by J. A. Fowler—Phrenology, and How Its Objectors May Be Met, by W. Rockwell-Kent—Hints to the Wise, by T. W.—Phrenology and the Practice of Medicine, by Elizabeth W. Smith—Phrenology as a Science (interview with Professor E. Morris)—Phrenology and Its Uses in the Photographic Art, by W. H. Drouatzky—Reports of Institutes and Societies—Field Notes—The Register of Phrenological Practitioners and Lecturers.

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(1838)

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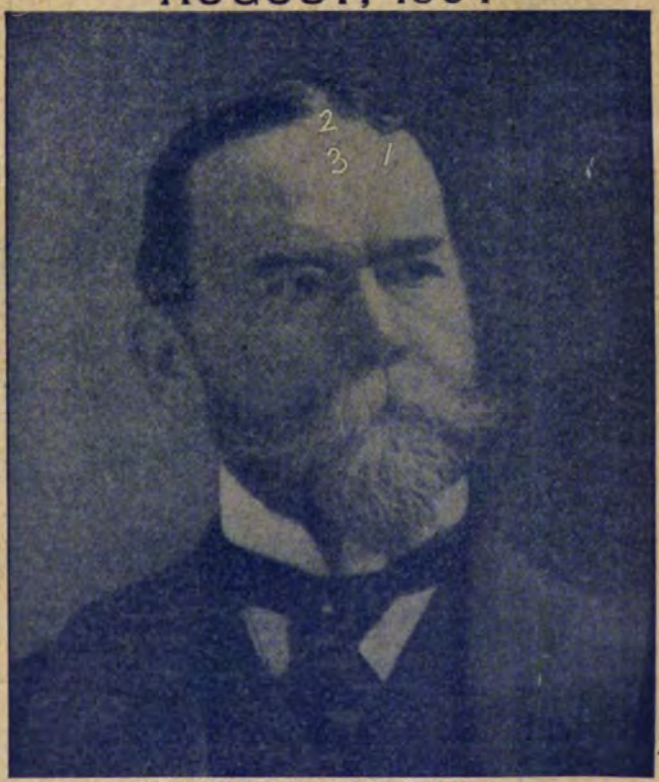
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AN INTERNATIONAL MAGAZINE ON MENTAL SCIENCE, HEALTH, AND HYGIENE

CONTENTS FOR AUGUST, 1904

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PAGE

I. **How to Read the Career of a Man in His Face.** By J. A. Fowler. Illustrated - 239
II. **"Carpe Diem."** By Laura M. McCall. Illustrated - 246
III. **Summer Incidents.** Diversity of Disposition in the Use and Abuse of Hospitality. By Mrs. Franklin W. Hooper - 248
IV. **Practical Psychology.** Apperception - 251
V. **My Genevieve.** Poem. By Stanley Barker - 252
VI. **The Science of Health.** By E. P. Miller, M.D. Notes and Comments. Curing Disease without Drugs. Care of the Bath-room. The Apostle Paul a Vegetarian - 253
VII. **The Psychology of Childhood.** Wm. Leiter. By Uncle Joe - 256
VIII. **Talks to Parents on the Training of Children.** By Wm. J. Shearer, A.M., Ph.D. - 257
IX. **The Rationale of Phrenology.** By F. W. Wilkinson - 260
X. **Night-Walk of Boy of Eleven. Prize Offer** - 262
XI. **The Science of Health**—Continued - 263
XII. **Exercises for August.** The Motive Temperament. By Captain Jack MacDonald - 264
XIII. **Editorials.** What Shall I Become? Illustrated. The Fowler Institute. Maps of a Man's Living Brain Are Now Made Possible. Illustrated - 265
XIV. **To New Subscribers** - 268
XV. **Reviews** - 269
XVI. **Field Notes** - 270
XVII. **Our Correspondents** - 271
XVIII. **News and Notes.** Can't Forget What He Reads. Case of a Man Who Has Lived Twenty Years with the Blade of a Knife in His Brain. The Intelligence of Fox Terriers - 271
XIX. **Sense and Nonsense** - 272

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VOL. 117—No. 8] AUGUST, 1904 [WHOLE No. 787

How to Read the Career of a Man in His Head and Face.*

BY J. A. FOWLER.

Phrenology is of practical use to everyone who is willing to study it from the many indications in the face and head of the persons with whom he comes in contact every day, and the belief in the science is becoming more pregnant with usefulness as men today utilize their opportunities of summing up their fellows and watching the differences that exist in each individual.

The late Sir Henry Morton Stanley could not have achieved the success attained by the great Russian painter, Vassili Verestchagin, in his life-like war paintings, nor could the latter have succeeded in what Stanley set out to do and finally accomplished, namely, not only to find Livingstone, but to give to the world a more complete knowledge of Africa, its resourcefulness and commercial value, than it has ever known before. It was our privilege to meet the late Henry M. Stanley in his elegant home on Richmond Terrace, London, after his return from his last tour to Africa, and it was then that we made the following personal examination of his head and face:

After all the arduous work of finding Livingstone and of exploring the form and size of the Victoria Nyanza, the second largest of the fresh-water lakes in Africa; after revealing the Congo Basin, of which the world had very little conception, and later threading his way through the forest-belt and making four hundred treaties with native chiefs, who learned to know him as a friend and as a white man who kept his word with them, he said to me: "After all my difficult travel in Africa, this social dissipation which London is according me, the sumptuous yet friendly dinners I am supposed to eat, the social atmosphere I am obliged to breathe, the hundreds of newly formed friends who have sprung up from everywhere to shake me by the hand, the late hours, the crowded reception-rooms—these things, I say, aside from my literary labors, are hard-

*In compliance with an earnest request at the beginning of the year for some articles on "How Character Shows Itself in the Head and Face," we present this series of articles to our readers, with the hope that they will give the desired information.

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er for me to endure than the roughest jungle ride through Africa."

His hair was snowy white, and he gave one the impression of being a much older man than he actually was on this account, for he was only then fifty-three years of age. His face was ruddy and sunburned, and certainly no man in London was more picturesque than Henry M. Stanley on his return his arduous travels. Stanley was the man to bring us light, knowledge, and experience about Africa, as well as the whereabouts of Livingstone, and James Gordon Bennett, of the "Herald," and the King of the Belgians were enterprising enough to understand this fact, and Stanley lived long enough to see accomplished what no other man had been able to do for Africa.

The salient characteristics of Stanley's constitution showed themselves first in his tough organization, for his muscle was so firm that no one could make an indentation on his arm when feeling of its durability. Secondly, he possessed a capacious chest, which enabled him to vitalize himself through deep breathing. Thirdly, his head was large and his brain was active and of



SIR HENRY M. STANLEY, EXPLORER.

Motive temperament, will power, executive ability, good judgment, large locality.

1, Endurance; 2, Energy; 3, Locality; 4, Planning Talent; 5, Perseverance.

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fine quality—the quality of endurance. Fourthly, he was wiry and enduring from the development of the motive temperament. Fifthly, his brow was massive, which gave him the forensic power necessary to an explorer. He marked his way as he went along and made his own mental jottings and mental landmarks, and took in more than the natives supposed. He slept with one eye open, and did not dream away his opportunities when contending with the terrible odds and opposition that he met from warlike tribes. Sixthly, he possessed great will-power, perseverance, stability, and presence of mind. These characteristics showed themselves through his large Firmness, and added to this faculty was his active development of Constructiveness, which added earnestness and zest to all his labors, and large Combativeness, which gave him power to resist mountains of obstacles that loomed up before him, and more than once attempted to deter him from his purpose. Seventhly, his Locality was remarkably developed. This is what is commonly called the geographical organ, for it is the organ that helps one to sense the points of the compass and recognize where a location is when compared with some other locality. It is the faculty that helps one to make a diagnosis of a new country and understand the grammar of a jungle or an unexplored Saraha. Eightlily, he had a large development of Causality, the action of which showed itself very distinctly in his power to think, plan, originate and manifest judgment, and devise ways and means. In this respect he excelled Livingstone, for while the latter was remarkable for his perceptive and observing power, Stanley added to his keen perceptions the quality of judgment, the power to plan and organize work. Thus, in a sentence, Stanley will be remembered as a great man for his self-control, his ability to direct his own powers, his organizing capacity in directing others, his ability to preserve confidence in the object he set out to accomplish—all of which characteristics showed themselves in the strong, powerful nose, the square, well-built chin, the long and finely shaped ear, the intensity of his eyes, and his finely shaped head.

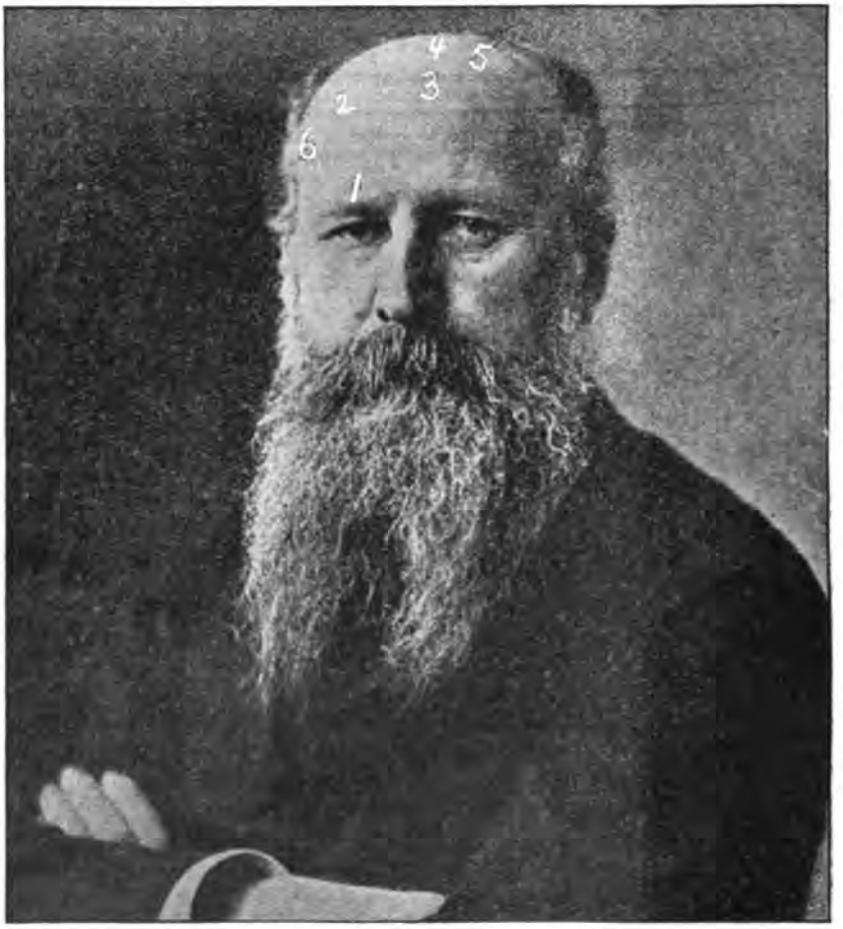
His ambitious wife won for him, through her indefatigable efforts, a seat in Parliament, for it is said that she desired that her husband should have this distinction, even while he himself was averse to the publicity that it would bring. She made a charming hostess, and many were the fine entertainments and Saturday afternoon receptions that were given by her in her town house.

VASSILI VERESTCHAGIN.

Another indication of how the career of a man shows itself in his face and head is well illustrated in the portrait of Vassili Verestchagin, the Russian artist. Very few great men or women are equally great in more than one line of work to which they bend their undivided attention. In the Russian artist whose portrait is before us we cannot mistake his wonderful gift for portraying character as a soldier artist. He was a man who became a soldier for the sake of his art, and it is said of him that "he used his art in order to teach the world the truth about soldiering." His head was a massive one, and his face was filled with that milk of human kindness which showed that he understood human life as well as any man could. There was much that was suggestive in his pictures, and his theory about war-pictures was a lesson for humanity's sake. He did not believe in depicting only the dramatic moments of war, but in pointing out the experiences of the soldiers. He would often say, "If we reckon up the time spent in any war we shall find that by far the greatest part of the campaign is spent in suffering, great hardships, heavy labor, and miseries, such as are experienced in marching and blazing suns in clouds of dust, or in toiling through mud, while the rain is

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drenching into the skin, for war means sickness, thirst, hunger, the pain of wounds—deprivations of all kinds." He therefore asks the question, "Why should we, in painting war, devote our attention exclusively to the moments of excitement in the actual fight when the experiences of soldiers as above described take up days, months, years?" He painted from facts, and it was to obtain the grim realities of the present war between Russia and Japan that he lost his life like a hero. He visited this country and Cuba, the latter place at the suggestion of President Roosevelt, in order to make sketches of the battlefield of Santiago. The President sat for him, in order that the artist might produce the charge of the Rough Riders up San Juan Hill. For mental equipment he was singularly gifted and wonderfully blessed. He had much the same kind of eye that was possessed by Landseer, and both men were noted for their deep sympathy for the sufferings of human or animal life. His characteristics as a painter showed themselves first in his large Human Nature, secondly in his keen sympathy, thirdly in his fact-



VASSILI VERESTCHAGIN, THE CELEBRATED RUSSIAN ARTIST, WHO PERISHED IN THE DESTRUCTION OF THE BATTLESHIP PETROPAVLOVSK.

Large human nature, keen sympathies, active Ideality and Constructiveness, and powerful perceptive faculties.

1, Perceptive faculties; 2, Ideality; 3, Intuition; 4, Sympathy; 5, Imitation; 6, Sublimity.

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gathering brow, fourthly in his exquisite colorings, fifthly for his constructive ability; and one has only to look at the breadth of his temples and the height of his central qualities to see how this was implanted in his character. He was no copyist, except in the sense that he drew his facts from nature and represented what he saw before him. Art was to him like wit is to Mark Twain—a means to an end. He found that he could portray the vicissitudes and the trials as well as the sufferings of the soldier in no better way than upon canvas, and this he made to speak with an eloquence greater than as if he had taken his pen to write about the very scenes he depicted.

His nose was a long and powerful one, his eyes were shaded with the thoughtfulness of an ever-watchful and observant mind, while the breadth of his head indicated force, pluck, and tireless energy.

That he was a remarkable man none will deny.

He was first educated in the navy, but his natural talent asserted itself, and his ability to use his pencil made him determine to abandon the profession of the navy for the profession of art.

He traveled for several years through Asia and India, through Russia, Turkey, China, and the United States. He has had experience in war, for he tells he has charged with infantry and has even led soldiers on to the assault. He has taken active part in cavalry skirmishes and in long campaigns.

When the present Russo-Jap war began he hurried to the front in order once more to depict with wonderful vividness the terribleness of war. He has been heard to exclaim, "There is only one kind of war. War is the antithesis of all morality, or all humanity." He could not have possessed the sympathy that he showed in every line of his work had he not possessed that wonderful round, full-top head.



SIR HENRY IRVING, OF LONDON, THE CELEBRATED ACTOR.
1, Individuality; 2, Imitation small, showing originality; 3, Analysis; 4, System.

SIR HENRY IRVING.

As character shows itself in the minister or lawyer—as, for instance, in Bishop Potter or the Hon. John Hay—so Henry Irving carries with him the look of an actor, which we see

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in the studied expression, the marked manner, the intellectual poise of his head and shoulders, as well as in his walk and gestures. He has not the full, round features of Jaurès, but rather the dignified poise of one who has had to concentrate his mind in well-directed intellectual lines, and these have had their distinct influence upon his face and character. The chin and jaw are particularly pronounced. The former shows concentration of thought, the latter the persistence of character. There is also the air of individuality about him which manifests itself from the distance from the nose to the upper lip; thus in superintending artistic work, even of details, he will exert a powerful influence over those who work for or with him.

M. EMILE VANDERVELDE, OF BRUSSELS, AND M. JEAN JAURÈS, OF PARIS.

Aside from art and exploration, we find that literature has its illustrations of how genius, talent, and ability stamp themselves upon a person's face and head.



HON. JOHN HAY.

1, Causality large; 2 Intuition; 3, Comparison (see page 209, June).

In the portraits of M. Emile Vandervelde, of Brussels, and M. Jean Jaurès, of Paris, we have two typical types, one a high and narrow head, the other broad and full. The former represents the mental, nervous type, the latter the vital, sanguine, and ardent character. Both are critics, yet the shape of their heads indicates the kind of criticism they are likely to uphold.

M. Emile Vandervelde believes that

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M. EMILE VANDERVELDE, OF BRUSSELS. LITERARY CRITIC, NO. 1.

Mental-nervous temperament; condensation; concentration; conservatism.

1, Criticism and high forehead or concentration; 2, Narrow head, aversion to expansion; 3, Veneration for the classes, not the masses.



M. JEAN JAURÈS, OF PARIS. LITERARY CRITIC, NO. 2.

Strong vital temperament; broad and liberal views for the individual man; sympathy.

1, Criticism; 2, Sublimity, or large ideas, and broad forehead; 3, Vital temperament; 4, Veneration for the masses, not the classes.

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the alliance of the priest and the capitalist against socialism and free thought constitutes the most redoubtable threat against the immediate future of European civilization. His views trend rather to support condensation, while M. Jean Jaurès, of Paris, believes that the separation of Church and State will be the logical conclusion of the political struggle in France, hence he supports the view of expansion for the individual. Sublimity broadens and magnifies his upper sidehead, while the wings of his nostrils show the cogitative, expansive breadth of mind that can only be seen in those who uphold broad ideas. In fine contrast we see that M. Emilie Vandervelde possesses but a small development of Sublimity, and his nostrils are narrow and contracted. His chin also is long and pointed, which is in keeping with the whole face, while the chin of M. Jean Jaurès is broad and corresponds with the breadth of face and head.

Let every man be his own critic as he passes along the highway of life, and he will be able to illustrate in more instances than we can give in these pages the truth of the heading of this article.

"Carpe Diem."

By Laura M. McCall.

The following address is one of the most suggestive ones we have had the pleasure of hearing this season, which was read by a graduate of the East Orange High School. So many of the thoughts expressed are along our lines of personal culture that we take the liberty of reproducing the paper, with acknowledgments to the editor of "News—Commencement Number. Class of 1904. East Orange High School":

The Class of 1904 has chosen for its motto, "Carpe Diem," which, freely translated, is "Seize the opportunity." Surely for this particular class it is most appropriate, for have we not always striven to make the best of our opportunities, not only in literary pursuits, but along other lines as well?

But, however that may be, let us think for a moment what this motto really means to us as we are about to graduate. For some this is the end of school life, while for others it is merely the beginning of another four years. But to all alike, whether in college or in the various other positions in life, this motto brings the same message: "Snatch your chance," that is, "Make the best of your opportunities." As the Latin puts it, "Opportunity has hair in front, behind she is bald; if you seize her by the forelock you may hold her, but if suffered to escape, not Jupiter himself can catch her again."

Accident really does very little toward the production of any great result in life. Careful attention and painstaking industry always mark the true work. The greatest men are not those who despise the "day of small things," but those who improve them most carefully. Let us then not go searching for great things to do, but let us do what we can with whatever is given us. There is a story told of a poor artist who was royally entertained in a castle. He had nothing with which to repay his friends. But he shut himself up in his room for some days before he left, locking his door and refusing to come out or to let anyone in. When he went away the servant found the sheets of the bed missing and thought that he must have stolen them. But after further search they were found in one corner of the room, and, when unrolled, were discovered to have painted upon them a glorious picture

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of Alexander in the tent of Darius. Now, if an artist can paint a great and beautiful picture on a bed-sheet, cannot we even in our present environment find opportunity for what we wish to do? Carlyle says: "The Situation that has not its Duty, its Ideal, was never yet occupied by man. Yes, here, in this poor, miserable, hampered, despicable Actual, wherein thou even now standest, here or nowhere is thy Ideal; work it out therefrom; and working, believe, live, be free. Fool! the Ideal is in thyself the impediment, too, is in thyself; thy condition is but the stuff thou art to shape that same Ideal out of; what matters whether such stuff be of this sort or that, so that the form thou give it be poetic, be heroic? Oh, thou that pinest in the imprisonment of the Actual, and criest bitterly to the gods for a kingdom wherein to rule and create, know this of a truth; the thing thou seekest is already within thee, here or nowhere, couldst thou only see!"

Opportunity will come. There is always "the tide in the affairs of men, which taken at the flood leads on to fortune." There would seem to be no position with less promise of future high attainment than that of a poor brakeman on a comparatively insignificant railroad. Yet such a brakeman, by careful work, by a courageous grasping of each opportunity offered, each one mastered leading to a higher, rose to be the practical head of the greatest urban system in the world,



EAST ORANGE HIGH SCHOOL, GRADUATING CLASS.

and you know his name—Henry Vreeland.

So we see that in more material things as well as in art it is the "seizing the day" and the making use of what is given us that brings success, and it is a safe prediction that in the distant future, when the life work of its members have been completed and its record written on the pages of history, this class of 1904 will be found to have gone far beyond any other class, its members to have achieved greater success in business, to have been more powerful in the political

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world, to have attained greater eminence in professional life, and in every way to have accomplished greater things for mankind than the members of any other similar body, provided they have at all times and under all circumstances been true to their motto, "Carpe diem."

Summer Incidents.

DIVERSITY OF DISPOSITION IN THE USE AND ABUSE OF HOSPITALITY.

By Mrs. Franklin W. Hooper.

Lecture given at the Brooklyn Institute.

The Diversity of Disposition has been ably depicted by Mrs. Franklin W. Hooper in the following address which she recently gave at a Conference of the Brooklyn Institute on the above subject:

"There are certain guests that fill us with terror.

"The fresh-air fiends," she continued; "the food fiends; the people who must have a certain kind of food; the people who must have their coffee a certain kind of way; the people who can not drink tea or coffee either, but must have boiling water, and can't believe it is boiling unless they see it, so that if one has not the little alcohol apparatus she is tempted to bring in the kitchen tea-kettle for ocular demonstration.

"And yet, on the other hand, I can't help sympathizing with the guest who feels she must have boiling water, and has a well-founded suspicion that the fluid brought her so daintily in the china cup is a portion of that in which the turnips were boiled.

"The 'fiend,' however, is only an exception. He is not really so difficult as the ordinary guest who comes in a free and easy way and makes himself too much at home; takes possession of the house and makes the family feel for a time that their rights are blotted out. On the other hand, there is the hostess who doesn't leave her guest one moment to himself; who plans entertainment for every waking hour.

"To those who live in the city means of entertainment are all too plentiful, and they may be safely left to care for themselves. There is Grant's tomb, for instance. Did you ever know a guest from the country who was coming to Brooklyn who did not write specifically beforehand that to see Grant's tomb was the one thing he must do?

"Others want the opera every night, and others three famous pulpit orators of a Sunday, and as many more as they can pack into the week. But the truly gracious hostess never winces. She remembers that, an invitation once given, hospitality is sacred. She recalls the pleasant refuge her country friend's house has been to her in summer; the solace of the woods and fields, the limpid skies and dewy morns; all those things, so commonplace and monotonous to the country dweller, such a well of joy to the city visitor. Then she remembers that everything has now the same delicious quality of change and novelty to her country visitor, and she is glad to be able to give so much pleasure with so small effort."

Under the head of "The Ideal Guest," Mrs. Hooper gave an inimitable account of a certain house party of college boys and girls at a house of her acquaintance.

COMPARISON BETWEEN COLLEGE AND BUSINESS BOYS.

"At a certain beautiful country home," she said, "there were nine young people in the house, five girls and four

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boys, two of the girls and one of the boys being children of the house. All the girls were Radcliffe girls, and all the boys college boys except one, who was in business in New York. The son of the house had invited the boys, in an offhand way, under the impression that they were to come successively. As it happened, they all turned up at the same time, and an excellent opportunity was afforded to study the college boy on his travels.

THOUGHTLESSNESS OF COLLEGE BOYS. THEIR ARRIVAL.

"The first one, a Cornell student, arrived without a word of warning. The son had driven to the village, some miles distant, for the mail. At the office he found a postal card, without date or signature, saying, 'Will be in on the 6.15 train.' He didn't know which of his friends it was, but he surmised that some one was to be met at that train. So he waited and met him. Meanwhile supper waited for him at home. Everybody got hungry, and the maids were very much inconvenienced, but, expecting him every moment, they put off the meal. When the two boys finally drove in, the guest was shown to his room, and a gentle hint was given him that it was very late—the supper had already waited for nearly an hour—and that they would be very glad if he would come as quickly as possible.

"He did not come down for an unconscionably long time—not, in fact, until every one in the house was nearly starved, and the maids were in that state of mind dreaded by every housewife. Afterward it was found that Cornell had brought twenty photographs of one young woman with him, and that he had been employing the time in arranging them to his satisfaction.

"The Yale boy arrived in exactly the same fashion. The son drove to town another evening, did not return, and the father said: 'We'd better eat on time; probably he will bring back another boy with him.' He spoke in joke, but it proved the exact truth. Yale had also sent a postal card to announce his arrival by the 6.15 train. When he came in he had nothing with him but an umbrella. His trunk was lost, and he had to dress for his first appearance in the son's clothes. He stopped to make an elaborate toilet, which also made his first meal in the house very late, and caused more righteous indignation in the bosoms of the maids.

"When his trunk finally arrived he went to the lady of the house and asked if he could get some washing done. He was 'strapped,' he said—so much in need of clean clothes that he could not wait for the laundry.

"He was entirely unconscious that his tennis suit was of fine white flannel, over which any ordinary laundress would come to grief, and that the mistress of the house washed it herself. So unconscious was he of what he had asked that he came back in two hours to ask if it were ready for him. And yet he was one of the sweetest, politest boys in the world—one of the kind that would never sit down when a woman was standing. But when it came to anything practical he seemed to have no conception of the trouble he was giving. And yet he had been in Yale College two years.

"Now, the third man arrived upon the scene—the young fellow who had been in business for two or three years in New York. But before he came arrived a letter. The letter stated that his vacation had been granted him unexpectedly, and that he would take advantage of his invitation now, if it were perfectly convenient to the mistress of the house. He inclosed twenty-five cents for a telegram, and said that he would not start unless he received a message stating that it was convenient to have him at this time.

"The telegram was sent, he was expected, and no trouble was caused by his arrival. He was ready for supper five minutes after he got inside the house. He had all his impedimenta in hand, not a garment had to be borrowed or washed.

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CONTRAST IN THEIR ROOMS.

"The rooms of these three men throughout the visit presented an instructive contrast. Yale never hung up anything, even upon a chair. The floor was good enough for him, upon any and all occasions. It was physically impossible to keep his room in order. Half an hour after it was arranged it was again a scene of frightful disorder. As for Cornell, there was one shade less disorder in his room, that was all. But as for the business boy, the only signs that his room had been occupied were the unavoidable ones of the bed and wash-stand. Not a garment of his had to be picked up during his stay.

THE DEPARTURE.

"The Yale boy's departure was as interesting as his arrival. He set the date three times, and each time postponed it because of fresh invitations for social functions. Of course, he was welcome to stay. He was an old friend of the family, every one liked him, means were ample. But an expected departure, put off three times, is bound to inconvenience household arrangements. The night before he left, the young people came home at twelve o'clock from a party. At that hour of the night his trunk was brought in from the barn, and he began to pack for his departure the next morning. The first thing he discovered was that he had lost his keys. They were not to be found, so all the dress-suit cases of the family were pressed into service and packed with his clothes. When he finally drove off next morning, accompanied by the empty trunk, the family suit-cases, and his bunch of golf sticks, he managed to forget his umbrella, so that the only thing he brought with him he left behind.

"And, although he was a delightful, popular boy, whom no one could help liking, the household heaved a sigh of relief when he was really gone.

"Cornell got away in much the same manner, though with a shade more dignity.

THE GIRLS.

"The three visiting girls announced that, not to follow the example of their Yale friend, they were going to pack. So they packed industriously all one afternoon; and yet for days after shoes, fans, portions of bathing suits, and so on, kept turning up to remind the family of the departed ones.

WHAT A BUSINESS TRAINING DID.

"But no one knew when the young business man packed. He departed at the moment when he said he would; he left nothing behind him. He was the ideal guest. Perhaps he was not born. Perhaps he was only made by a few years in the big world of business. At any rate, his visit was pronounced an unalloyed pleasure, with no deprecatory 'ifs' or 'buts.'

"And yet I do think that reasonable latitude should be given guests. When a too rigid conformance to the rules of the household is demanded a visit is apt to assume the aspect of a sojourn in prison. I had an aunt once upon a time who was so particular that every one should come to meals the moment the bell rang that I always went to sleep in terror that I would not wake in time for breakfast. The moral responsibility of being at meals on time weighed heavily on that household; and although she was the soul of hospitality, and loved to entertain, visits to her house came to be dreaded.

"When friends come in unexpectedly at or near meal time, it is true hospitality to offer them what we have without apologies, without ceremony. What is good enough for the family is good enough for the unexpected guest. I know a woman who uses red or blue denim tablecloths for breakfast or luncheon. If a guest comes unexpectedly she will move heaven and earth to get this off and get on a white linen tablecloth. Why should she? That is

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not hospitality. It is ostentatious; false pride. I know there are times when we entertain formally, with the best and most expensive at our command. But that is not hospitality. That is entertaining; a formal function, when the guests expect the finest at our disposal. In our hurried lives we might meet oftener and keep up our friendships better if we were willing to invite a friend to our tables with exactly what we have there for the family; because we all have to stop to eat somewhere, and we could talk while we eat."

Practical Psychology.*

APPERCEPTION: WHAT PHRENOLOGISTS SAY CONCERNING IT.

(*Continued from page* 214.)

IS THERE AN APPERCEIVING FACULTY?

It has been stated by psychologists that we have have no Apperceiving faculty which is distinguished from all other faculties and which carries on an independent process of thought. It is further stated that the term Apperception has existed for upward of two centuries, and is applied to a well-known process or function of the mind which is of great practical and theoretical importance. That it includes sensation, perception, assimilation, association, recognition, feeling, will, attention, and other actions of the mind, and is a very simple and well-known process.

Phrenologists say that Apperception is distinguished by being a form of particular attention, or concentration of mind, and therefore it calls out the very important faculty of Continuity. Why is this called the age of specialists if this is not the case? The other quality known to Phrenologists as bearing upon this aspect of the mind is Comparison, for the mind has to analyze former experiences in carrying out the functions of Apperception, and these are brought before the mind in rapid succession through the medium of Comparison, and the mind reproduces at a moment's notice what it has seen before. Many psychologists have not gone beyond the thought that the mind is a unit. For instance, Professor Scott has stated that anatomy is the science that divides the human body into its constituent parts, and is a complete science when it has all of these parts correctly described and labeled, while physiology is the science which describes and explains the different functions of the body. It supplements anatomy by showing the function of each of the bones, muscles, and organs, and by showing their mutual relation. In anatomy, he says, we divide the body into distinct divisions, and in physiology we discover the different functions of each division." So far the professor has told us what we know to be true, but he goes a step further, and speaks on a subject about which he apparently knows nothing. He says, "the attempt has been made to divide the mind into a definite number of separate faculties. The function of each faculty, as we have described, is something quite different from the other faculties, and an attempt has been made to define these faculties exactly and to describe their functions completely through physiology." He further states that the attempt has failed and has been abandoned, that the mind is not a bundle of faculties, it is not composed of memory, association, reason, etc., but it is a unit, which remembers, reasons, feels. No one function is carried to

* Digest of a chapter of a new work on Practical Psychology now in the press.

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the exclusion of all others at any one time during its conscious existence. The mind feels, knows, wills, etc., but at certain times it is employed in reasoning more than at others, but no one function ever totally occupies the field. He further asserts that whenever the mind recognizes any event as having occurred in the past, it is said to remember, but feeling, attention, and association of ideas may have entered into this process of memory. No one mental process is a thing existing apart and independent of other processes. Again, he asserts that the anatomical method can never be applied to the mind. The functions of the mind are not independent activities, but in every function memory, perception, suggestion, and many other functions play a more or less important part. According to this professor we find that he makes a distinct assertion that apparently dispenses with the theory that the mind has a localization of function, and that there are no separate independent processes of it, yet the professor believes that the mind is capable of reasoning more definitely at certain times than at others, and even of feeling more intensely at certain times than at others. He evidently does not realize that according to the functions of the brain, so the mind is drawn out to think and act. No one organ controls the whole mind at the same time is true, but the variation in the types of children that we see in the schools proves that there must be some reason for the hypothesis that enables one child to become an expert speller without any apparent effort, another an excellent mathematician, another an excellent reciter, and it is only by the aid of Phrenology that we are able to understand how a person can do two things at the same time. If the mind was a unit this would not be possible. The professor has not evidently taken this fact into account, and believes simply in the theory that the mind is drawn out by images and concepts through the senses, and not by any individual development of faculty. Apperception, according to this psychologist, has no definite brain area, but through the aid of Phrenology we see that certain brain centers are more specially absorbed by the function of Apperception than others.

MY GENEVIEVE.

By Stanley Barker.

I.

I know a girl, whose eyes of blue
Are portals to a soul that's true,
And sparkling as the evening star,
That glistens 'mid the worlds afar.

II.

So fair is she, and winsome, too,
Her charms to me are ever new.
Of Genevieve, my heart's delight.
I think by day and dream at night.

III.

Oh! shall I ever call her mine?
Or round her brow the laurels twine
Of victory, in battle won
With Cupid's aid, the naughty son?

IV.

She meets me with her arrows keen,
Then waits in ambush on the green,
But soon the conflict will be o'er;
Her heart I'll take, and strive no more.

"Everyone should sweep before his own door," if he cannot get someone else to do it for him.

"The next best thing to being witty is to be able to quote another's wit," as if it were one's own.—From "The Era."

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THE SCIENCE OF HEALTH

Notes and Comments.

By E. P. Miller, M.D.

CURING DISEASE WITHOUT DRUGS.

The London "Herald of Health" for April, 1904, makes the following statements in regard to treating heart disease successfully by baths, gymnastics, diets, etc., without drugs:

"'The British Medical Journal' of the 5th ult. mentions eleven cases of heart disease successfully treated in this way. One was that of a woman forty-four years of age who was suffering from weak heart and dilatation of both ventricles, with severe anæmia, and who had taken iron for many years, treated with baths, appropriate gymnastics, and no drugs. She was discharged cured in less than two months. Another case was that of a girl of fifteen, whose ailment was mitral insufficiency (a weak valve) after acute rheumatism, with heart disturbances and anæmia. This patient took no kind of medicine either for the heart or anæmia. On leaving she felt completely recovered, and only complained of slight palpitation after climbing stairs and hills. Within the first fortnight she gained three pounds, and at the end of her stay nine pounds."

We look forward to the time when all those intrusted with the sacred charge of curing the body will be professors of health, and not professors of disease—Doctors of Medicine only. When the people eat the right kinds of food, use the right kinds of drinks, and live in strict accordance with the commands and laws of their Creator, disease will be banished from the human race, and life be indefinitely prolonged. It is a violation of the laws the Creator placed in the human body that brings disease and death to the human family.

CARE OF THE BATHROOM.

Health and hygiene go along hand-in-hand with the care of the bathroom, and if women were more educated in the sanitation of a household, they would pay far more attention than they do now to the care of the drain-pipes, as the health of the family demands that all waste pipes be kept clean and free from disagreeable odors. To insure perfect safety from disease germs, every part of the bathroom must be well looked after, and a daily cleaning and a weekly scrubbing will usually prove sufficient to keep it in a sanitary condition. Each member of the family should have their towels plainly marked and their soap and toilet articles kept entirely separate. Physicians tell us that there is no easier way of communicating skin diseases than by the promiscuous use of towels and soap. The lint that gathers around the waste pipes should be removed every morning with a small hook, after which the pipe should be scalded, and chloride of lime and copperas are both good disinfectants, and either costs but a trifle. One-quarter pound of copperas to a gallon of water is about right, and one-half pound of chloride of lime to a gallon of water, and the copperas should be mixed with boiling water, and the pipes should be flushed with hot water before sending down this solution. A zinc-lined bathtub may be cleaned with

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a paste made of common whiting and ammonia, applied with a woolen cloth, and there is nothing better for keeping a porcelain-lined tub and the bathroom fixtures bright and clean than a strong pearline suds, and the suds are also excellent to use in cleansing the waste pipes. Unless special care is given the sponges, they become germ-breeders, and after using some time they should be soaked in warm water with a little ammonia in it, and if the sponge is always washed and dried after using, it will never become sour or have a musty smell.—A. M. H.

THE APOSTLE PAUL A VEGETARIAN.

St. Paul, in his eighth epistle to the Corinthians, has put himself on record as an uncompromising vegetarian. Paul was an able man, an honest man, an educated man, and a thorough believer in the salvation and immortality of the human body. He was miraculously converted to Christianity. When arraigned by the chief priests for his heretical doctrines before King Agrippa and was permitted to speak for himself, he said:

I think myself happy, King Agrippa, because I shall answer for myself this day before thee touching all the things whereof I am accused of the Jews.

My manner of life from my youth, which was at the first among mine own nation at Jerusalem, know all the Jews;

Which knew me from the beginning, if they would testify, that after the most straitest sect of our religion I lived a Pharisee.

A Pharisee is one who does not believe in the resurrection of the dead, in the salvation and immortality of the human body. Paul said:

Why should it be thought a thing incredible with you, that God should raise the dead?

I verily thought with myself, that I ought to do many things contrary to the name of Jesus of Nazareth.

Which thing I also did in Jerusalem: and many of the saints did I shut up in prison, having received authority from the chief priests; and when they were put to death, I gave my voice against them.

And I punished them oft in every synagogue, and compelled them to blaspheme; and being exceedingly mad against them, I persecuted them even unto strange cities.

Whereupon as I went to Damascus with authority and commission from the chief priests,

At midday, O King, I saw in the way a light from heaven, above the brightness of the sun, shining round about me and them which journeyed with me.

And when we were all fallen to the earth, I heard a voice speaking unto me, and saying in the Hebrew tongue, Saul, Saul, why persecutest thou me? it is hard for thee to kick against the pricks.

And I said, Who art thou, Lord? And he said, I am Jesus whom thou persecutest.

But rise, and stand upon thy feet: for I have appeared unto thee for this purpose, to make thee a minister and a witness both of these things which thou hast seen, and of those things in which I will appear unto thee;

Delivering thee from the people, and from the Gentiles, unto whom now I send thee,

To open their eyes, and to turn them from darkness to light, and from the power of Satan unto God, that they may receive forgiveness of sins, and inheritance among them which are sanctified by faith that is in me.

We see from these statements of Paul that he was specially chosen by Christ to teach the doctrine of salvation and immortality of the body. In Romans i. 16, he said: "For I am not ashamed of the Gospel of Christ: for it is the power of God unto salvation to every one that believeth: to the Jew first, and also to the Greek."

In Paul's epistles to the Romans he points out many of the violations of God's laws that both Jews and Gentiles were guilty of. In his epistles to the Corinthians he repeatedly refers to the body as being the temple of the living God, that the spirit of God dwelleth in the body, and that those who defile the temple of God him shall God destroy. In the eighth chapter of the first Corinthians he most emphatically puts himself on record as a strict vegetarian, as follows:

Now as concerning therefore the eating of those things that are offered in sacrifice unto idols, we know that an idol is nothing in the world, and that there is none other God but one.

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For though there be that are called gods, whether in heaven or in earth, (as there be gods many, and lords many),

But to us there is but one God the Father, of whom are all things, and we in him; and one Lord Jesus Christ, by whom are all things, and we by him.

Howbeit there is not in every man that knowledge: for some with conscience of the idol unto this hour eat it as a thing offered unto an idol; and their conscience being weak is defiled.

But meat commendeth us not to God: for neither, if we eat, are we the better; neither, if we eat not, are we the worse.

But take heed lest by any means this liberty of yours becoming a stumblingblock to them that are weak.

For if any man see thee which hast knowledge sit at meat in the idol's temple, shall not the conscience of him which is weak be emboldened to eat those things which are offered to idols;

And through thy knowledge shall the weak brother perish, or whom Christ died?

But when ye sin so against the brethren, and wound their weak conscience, ye sin against Christ.

Wherefore, if meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend.

Science is now clearly demonstrating that nearly all diseases that the human race are afflicted with originate in eating polluted and putrid elements that are eaten by the people as food. Bad food and drink changes the quality of blood, and its effects upon the brain; makes human beings servants of the devil instead of servants of Christ, and leads to death instead of life. If the people want "God's kingdom to come and his will done on earth as it is heaven," they must obey his commands and laws in regard to food and drink. Christ said to his followers: "Behold I say unto you the kingdom of God is within you." No one will ever be able to find it who eats "meat that is offered unto idols."

HOW SMOKING TOBACCO AFFECTS THE BRAIN.

About sixty years ago a young man was graduated from Andover Theological Seminary. He went straight to the front. He had an eloquence and personal magnetism before which nothing could stand; but he was soon thrown into the insane asylum for twenty years, and the doctor said it was tobacco that sent him there. According to the custom then in vogue, he was allowed a small portion of tobacco every day. After he had been there nearly twenty years, walking the floor, one day he had a sudden return of reason, and he realized what was the matter. He threw the plug of tobacco through the iron grates, and said: "What brought me here? What keeps me here? Why am I here?—Tobacco! Tobacco! O God, help! help, and I'll never use it again." He was restored. He was brought forth. For ten years he successfully preached the gospel of Jesus Christ.

There are ministers of religion today indulging in narcotics, dying by inches, and they do not know what is the matter with them. I might in a word give my own experience. It took ten cigars to make a sermon. I got very nervous. One day I awakened to the outrage that I was inflicting upon myself. I was about to change settlements, and a generous wholesale tobacconist in Philadelphia said if I would only come on to Philadelphia and settle, that he would all the rest of my life provide me with cigars free of charge. I said to myself: If in these war times, when cigars are so costly and my salary is small, I smoke more than I ought to, what would I do if I had a gratuitous and unlimited supply? And then and there I quit, once and forever. It made a new man of me, and though I have since then done as much hard work as anyone, I think I have had the best health God ever blessed a man with. A minister of religion cannot afford to smoke. Put into my hand the money wasted in tobacco in Brooklyn, and I will support three orphan asylums as grand and as beautiful as those already established. Put into my hand the money wasted in tobacco in the United States of America, and I will clothe, feed, and shelter all the suffering poor of this

(*Continued on page 263*)

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

SPIRITUALLY MINDED, IMAGINATIVE, AND INVENTIVE.

By UNCLE JOE.

No. 627.—William Leiter, Greencastle, Pa.—This child is a treasure, and we hope he will not be spoiled, and thus ruined, as so many children of the present generation are. Blessed be poverty when it develops the resourcefulness of childhood. When a boy has his gold watch, his bicycle, and his automobile prior to the time when he can appreciate and value these things, then comes a calamity in the family, and the ambition of the child is stunted before he has learned the proper value of the privileges he has had.

We appeal to fathers and mothers to make an individual study of their children, so that they may know exactly when suitable gifts will be appreciated and cared for, or, better still, if parents would help children to earn their privileges and gifts, we know that the children would value and respect their things tenfold, and preserve their usefulness as long as possible.

This child, whose portrait we give, forms a fine contrast from the matured character of the lady by his side. The child represents a beautiful young rosebud with all its morning freshness upon it. His mind is well attuned to receive the right impression from life's lessons, and he can be trained and guided so as to make a useful, as well as a talented member of society. It will be readily noticed that his head is well developed in the upper division. If, for instance, a line were drawn across the middle of the forehead, the intellect, the reason-



NO. 627.—WILLIAM LEITER.

1, Memory; 2, Comparison; 3, Sympathy.

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ing powers, the ethical inclinations, the conscientious scruples, his imagination and moral impulses would show to a much better advantage than his perceptive, scientific, observing, and systematic qualities; therefore the latter must be trained and developed through the daily exercise of Form, Size, Weight, and Order, and these can be brought into play through the study of Botany, Geology, Zoology, athletic work, field games, and the practical affairs of life. He will naturally be inclined to live in the upper story of his brain, and will not come down into the basement or ground floor quite enough.

He is spiritually minded, and will enjoy having a story told him by Grandma when he goes to bed that will appeal to his imagination about the fairies, the angels, or the brownies, and he will be able to weave considerable imagination into the stories that are told him and fill up the gaps that are left out by the one who is relating the story to him.

That he will be a writer, a speaker, a Theologian is clear to see from such an organization, but his appreciation of the beautiful in art, literature, and Nature will lead him to dip his pen and center his mind, for a while at any rate, on quite a variety of subjects, aside from the practical affairs of life. He may like to ride in an automobile, but he will not want to get down on his knees and clean it. He may want to go up in a balloon with the idea that he will get nearer to Heaven, but he will not want to make a balloon or a flying machine. He will be gifted in explaining what he sees, while other men who can not talk well will set to work and actually construct the things that he talks about.

His Sublimity will incline him to exaggerate and enlarge on his ideas, and when acting a part in a school piece he will put in all the actions necessary to represent the piece.

He must be given a good education, and a college course if possible. The classical course will appeal to him more than the scientific course, and the classical education will prepare him for the professional life, which he will eventually drift into. By all means let him be trained in the paths of usefulness, then his philanthropic mind, his literary ability, and his original ideas, as well as his strong mental curiosity will have their proper setting.

TALKS TO PARENTS ON TRAINING OF CHILDREN.*

By William J. Shearer, A.M., Pd.D.,
Superintendent of Schools,
Elizabeth, N. J.

The study of temperaments considers all characteristics of the body which show any mental peculiarity. For 2,000 years it has been recognized to be a subject of great importance. For many years it has been known that a study of temperaments was one of the best ways of learning to know people as they really are. Only lately has the importance of a knowledge of temperaments been considered as useful for the teacher. Seldom, if ever, has been emphasized the importance of parents studying this subject, that they may train more satisfactorily their own children.

Every person knows, in a vague sort of way, that many whom they meet have their characters stamped indelibly upon their faces. So clearly do their characteristics stand out that we feel almost able to read their thoughts. How few have ever considered the importance of determining, roughly at least, the temperament which predominates in each child! Yet, to a large extent, parents might thus determine, not only the best treatment for the training of any child, but they could frequently determine for what profession each one is best suited. While few, if any, have emphasized this fact, still fewer will dare deny the truth of the statement.

FAULTS OF TRAINING.

A very large proportion of ruined children are the victims of training such as the parents would never have subjected them to had they appreciated the peculiarities of certain temperaments. So often, at home and in school, a child who inherits a very nervous temperament suffers far more than teacher or parent ever imagines. Just as often the one of a phlegmatic temperament suffers far less than is supposed, and gets much undeserved credit for virtue and patience which is entirely unintentional. How greatly the children in any family differ; yet how seldom does the treatment differ as widely! Few would think it proper to give a mettlesome racer and the heavy draft horse the same treatment; yet they do not hesitate to treat

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alike children who differ far more widely.

Because of differences in temperament, the training given so many children is so injurious that it destroys all their brightest prospects for the future. Their whole lives may thus be blighted. A knowledge of temperament may insure great success in life for many. There are many would-be lawyers who might have become great physicians. There are not a few very poor physicians who could have attained great success, as lawyers, architects, or clergymen. There are butchers, bakers, storekeepers, and many others in the lower walks in life who would have won great success had they chosen certain professions. All must acknowledge that this is so. Is it not important that parents should realize this fact and make a careful study of this subject, in order that they may the better train their precious children?

THE VIGOR OF ONE'S HEALTH AND THE CERTAINTY OF HIS LIFE DEPEND UPON THE AMOUNT OF LIFE-POWER HE POSSESSES.

It is this life-power—an invisible principle—that gives beauty of form and color of complexion, elasticity of step, quickness of thought, and vivacity of manner. It answers to all our needs.

It is this power that enables one man to recover after a crowbar has passed through his brain, while another one dies from the scratch of a pin; that keeps one man alive after his stomach has been removed, while another one dies from cutting a toe-nail.

It is this power that protects against all diseases—against la grippe, pneumonia, smallpox, diphtheria, coughs, colds, consumption, and—death. In addition, it is the best medicine for any ailment. To employ all reasonable means to increase this power is but simple common-sense, advocated by all physicians.

How, then, we inquire, shall this power be increased. By imitating Nature, of course. But how does Nature restore vigor to the tired and exhausted man? Is it not done through rest and sleep? But how do rest and sleep do it. By ceasing to use the power in the present they allow it to accumulate for future use. Every living organism is a reservoir of power supplied from living springs, which reservoir will fill if we cease exhausting it. Sleep takes away the manifestation of power even to the extent of helplessness, and so permits its increase by natural processes. It is, therefore, the very opposite in its effects to stimulants, tonics, labor, all of which neutralize the effects of sleep and prevent recuperation and health.

Sleep makes us strong in the reaction by preventing the use and manifestation of power in the present; while tonics and stimulants make us weak in the reaction by calling up and expending the power we already have. But this process of expenditure being a process of use gives a sensation of vigor corresponding to the amount of power we are parting with, and so we are deluded into the belief that the process of exhaustion is giving to us just what it is taking away. Whatever increases the manifestation of power, as the engineer may by blowing off steam or rushing his engine up hill, reduces the amount remaining, while what properly reduces manifestation, as does sleep, increases the amount really possessed. Thus the physician no more increases a man's power of life, by increasing its manifestations, than does the engineer increase the power of his engine by blowing off steam.

PSYCHOLOGY VERSUS TEMPERAMENT.

At this time many are advocating the importance of parents making a careful study of psychology. They do this in the belief that it will help parents greatly in the training of their children. It is doubtful if such a study would be of much value to most parents. Years of experience leads the writer to believe that a few days' study of temperaments has been more practical value to him, in the management of children, than many weeks and months spent in an earnest study of psychology. This may seem a very bold statement at this time, but it is believed that, ere long, it will be accepted without question.

Those who wish to make a careful study of temperament should secure some small text-book upon the subject. However, for busy people a few suggestions may not be out of place at this point. The things to be especially noted in the study of temperaments are the face, the hair, the complexion, the nose, the neck, the build, the eyes, and the marked mental and physical characteristics. It may be well for parents to first determine their own temperaments. They will then be the better able to study their children. They may also see how honestly their children get many of their peculiarities.

After having determined their own temperaments parents should try to determine what characteristics of any temperament are most marked in each child. Having certainly determined this, a few suggestions may be of untold value to the present and future welfare of the child.

THE NERVOUS TEMPERAMENT.

Hair, light brown; eyes, generally gray; complexion clear; face generally tapers toward narrow chin; nose, rather narrow; neck, longer than usual; build, rather light; often quite tall and very thin.

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A child of nervous temperament is apt to be impulsive and excitable, quickly provoked and just as quickly reconciled, persistent in work, very apt to study harder in school than is best, apt to be cheerful, likely to speak quite rapidly, in many cases undecided about action.

What terrible mistakes parents are daily making in the treatment of the child of nervous temperament! The nervous child acts on the minute from impulse. If such a child is angry or stubborn, don't be too hasty. Give the child a little time. Speak gently and quietly. The result will be the child will change for the better in a moment. The government of such a child must contain much of love, though it may be full of quiet determination. Parents should beware lest by harsh treatment, they rouse all the worst passions of the child's soul. It is just as easy to give such a child the direction needed, in a way which will enlist all its best sympathies. It is a nervous child who is found breaking down mentally and physically because of over-study. Such a child is apt to gain in mind at the expense of his health.

THE LYMPHATIC TEMPERAMENT.

Light hair and eyes; complexion, without much color; face, square; nose, rather flat; neck, short; build, rather heavy. A child of the lymphatic temperament is not apt to be impulsive or excitable, is not easily provoked, finds it hard to forgive, plods along persistently, rather slow of motion and of speech, cares little for muscular exercise.

The child of a lymphatic temperament needs a little more vigorous treatment than the nervous child. While parents should at all times be kind, they may be more energetic and forceful with a child of this temperament. Such a child will not need so much direction as the nervous child. However, he will stand, without great injury, far more harshness. A child of this disposition is often believed to be stubborn, whereas, in truth, the child is naturally slow to comprehend and act.

THE BILIOUS TEMPERAMENT.

Hair, quite dark or black; eyes, quite dark; complexion, dark; face, rather square; nose, somewhat outspread; neck, short; build, quite heavy.

A child of a bilious temperament is not apt to be impulsive or serious. Is likely to be rather passionate, revengeful, jealous and, in many cases, unscrupulous. In work and play, earnest, persistent, careful, and decided.

Next to the nervous child the child of bilious temperament is most apt to be greatly injured by improper methods of management. The child of a sanguine or of the lymphatic temperament will stand a great deal of improper treatment without being greatly injured. Not so with those of the other temperaments. How many children of this temperament have been driven from school, or from home to the jail or the gallows, because of improper treatment? The child of this temperament will not soon forget its anger. There will remain the pouting and mean disposition to get even. He is almost as hard to deal with as a balky horse. Nothing but great kindness will enable a parent to properly manage the child of this temperament. Beware of too much harshness here, especially with the older child.

THE SANGUINE TEMPERAMENT.

Hair, reddish; eyes, quite light, generally blue; complexion, quite florid; face, nose, and neck same as bilious temperament.

A child of the sanguine temperament, like the child with the nervous temperament, is likely to be impulsive, excitable, quickly provoked, and easily reconciled. He is apt to be quite cheerful and look on the bright side of things. Less imaginative than the child of nervous temperament but more emotional. A child of this temperament is likely to be happy in the pursuit of any object, little or great.

The sanguine child is really quite hard to manage at times. Tears flow quite easily. Angry looks and improper words are likely to be frequent. This child must have a firm government. There need be very little said if it is spoken in kindness, but what is said must be said with firmness.

While it is very easy to find children who show most of the characteristics of some one temperament, it is very difficult to find a child who shows all the characteristics of any temperament. Nearly all have what may be called mixed temperaments, which show some of the characteristics of two or more temperaments. However, one of the four mentioned will probably predominate.

While some may prefer one temperament, and others another, it would seem that that individual is most fortunate who is blessed with a balanced temperament. In the balanced temperament the four temperaments blend, so that the objectionable tendencies in each are tempered in such a way as to give the most satisfactory results.—Forwarded by Mrs. Trawatha, Pittsburg *Dispatch*.

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*Illustrations appropriate for each Temperament appear in the first article of this number.

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THE RATIONALE OF PHRENOLOGY.

By F. W. Wilkinson, of London.

(*Continued from page 229.*)

Now it is supposed that in the clay of an ordinary intelligent man three millions of these cells explode or are broken down in one day, and this waste, or destruction, or change, is repaired in the night. Now, if the flow of blood to any particular center is increased, and as is shown by Prof. Gates, thousands more brain cells are built up in that particular organ, there must of necessity be a refining process and the matter itself of which the brain is composed becomes less dense and more responsive. Further, when these cells explode a fiber is brought into requisition as the medium through which the vibration which causes the feeling to be transmitted to the center of consciousness; now, as the aried centers or organs are brought into activity, and as the activity by development is intensified, more brain fibers are brought into requisition and generated and made; and of course in the first instance, until the increased brain activity has set the bone builders to work on a larger scale, the brain fiber itself must of necessity be of a finer nature and quality. The shrinkage thus caused in the solidity of the white matter leaves space now for the formation of deeper convolutions and a greater space for the generation of brain cells. So that the brain becomes more after the walnut-kernel shape and the convolutions become deeper and more distinct. Then the volume of blood, increasing and filling up to its full capacity the brain, also makes its pressure upon the skull, which ultimately responds to the demands made upon it, and the bone builders enlarge the plan of the skull according to the needs of the brain.

According to my idea there then ceases to be any padding or matter that is dense, and the whole brain matter, both cells and fibers, are brought into requisition to be responsive to the action of the mind and to inform as well as receive instruction from the mind.

Whether I have made this matter quite as clear to your minds as I would like to do I cannot say, but it seems to me to explain the rationale or method by which the quality of the brain is changed.

Need I say that the quality of the brain may be changed for the worse as well as for the better, and that it is possible for the matter of the brain to become more dense and less responsive, and hence for a man or person to lose that fine exquisite sensitiveness and become besotted and unresponsive to almost every influence which is considered noble, good and manlike.

I need hardly state how this is brought about, but we have only to read the police court news from time to time to be informed of persons who were at one time considered to be honorable and gentlemanly being now sentenced as rogues and vagabonds, lost to all sense of honor, and it seems also to all sense of shame.

I might remind you that my idea in such cases is that through diet, strong drink and possibly bad living, the very composition of the brain has become dense, if not in some cases bordering on ossification, so that the quality of the man is that he has become material in a low degree. It is not our purpose to dwell upon this sad phase of human nature, but in passing to remember that it is one with which we are brought in contact occasionally.

And that whilst there are vast possibilities in human nature for evolving or developing, there are also the possibilities of degeneration.

You will now quite materially ask me what is the principle or law of development of the brain or organs of the brain. The general answer to the question is exercise, but this only contains part of the truth, for there is a possibility of exercising one's powers which simply means a waste of energy or a throwing away of one's powers. Just as fully as the senseless treadmill in prison life exhausted the energies of the prisoners and accomplished no really good purpose, so a person may fritter away his mental forces in a round of things without either benefiting himself or the community at large.

And if there is one thing which strikes the attention of the thoughtful phrenologist more than another, it is the shameful waste of brain power which is so apparent in the life of to-day, and this is largely the cause of the neurotic condition of the race at large and the rapid increase of insanity, especially in the working classes. Insanity at one time was one of the luxuries and penalties of the rich, but to-day its ravages are manifest more fully in the working classes.

My firm conviction is that with the amount of mental exercise that is usually gone through in the ordinary life of to-day, it is possible to get much better results and to largely increase the mental capacity or working capacity of individuals. I know nature is as a rule very prodigal in her gifts and we can afford occasionally to trespass upon her kindnesses, but it is unwise to trespass too frequently or too fully.

The great need is to learn how to take

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control of the forces we possess so that they accomplish our purposes, and if the needs be in any attempt at development either of the size of the brain as a whole or in the direction of any particular faculty or power, is to know fully and clearly what we want to do and further how to do it.

Because it is possible that if we have not a clear conception of this, our efforts may be productive of something else rather than the particular facility which we desire.

The true secret of success, as well as brain development, may be summed up in a very short phrase, but one which will take a considerable amount of time to carry into real effect. It is "directed attention and persistency."

Directed attention will cause a larger supply of blood to flow to the organ needed to be stimulated, strengthened, and developed, and of course will lead to the organ by the force of blood, generated heat, increased vibration through the heat to become active. The brain cells, revolving or moving at a greater pace, will also intensify the heat; they will also expand with the increased pressure of blood and this expansion will cause something to yield, so that more room may be had for their accommodation, so that, as I have previously shown, ultimately the bones of the skull will yield to the pressure to give room for the increased size and activity of this particular organ or organs. You will see the need for persistency in this matter, but do not make the mistake by cultivating the organ of firmness rather than the organ you may be desirous to develop, as there may be a mistake made even in this particular direction.

In order to illustrate my point, suppose that the organ you may desire to cultivate is hope. We will assume that a person has small hope together with large cautiousness, by no means a very happy combination, either for the person's comfort of mind or physical health. Not even taking into consideration the effect it will have upon the individual with whom the person associates with from time to time. The small hope takes not only the sunshine out of the face, but also out of the life, and the cautiousness is constantly burying every ray of sunshine which may occasionally flit across one's path.

The natural tendency of these two organs is to make one miserable and to give one the wet blanket disposition. Because troubles will be met half-way, difficulties will be magnified and every obstacle possible will be raised. Now to develop hope and suppress cautiousness will be by no means an easy task. But the very difficulty and the advantages accruing from such a course must act as an inspiration to the individual to give directed attention to this object and persistency to accomplish this purpose.

First there must be clearly laid down before one the effect of the present organization.

It has a tendency to dispirit, to cause one to think it is very little use trying, and then cautiousness hedges the matter around with so many stipulations and ties its warnings up with red tape to make them look very significant, or puts red glass in the windows, or panes of the lamp to frighten one with its associations, or is constantly putting up notices, Take Notice, Beware, Caution, Mind, Take Care, Don't, Look, Be Careful, Keep Your Eyes Open, Keep a Good Lookout, etc. So that it more than half frightens a person before they start. Then these cautions, constantly coming, pattering upon one like hailstones, lead one to put forth only a little effort, and partially paralyze what effort is put forth, so that one does not accomplish very much. This is the effect of too large cautiousness, especially working with small hope. Knowing this to be so, what remedy cannot we suggest and how can we bring the organ of hope into activity, while at the same time neutralizing the effect of the over-activity of cautiousness. We must have a clear conception of what we want to do and be as methodical and systematic in our efforts as possible. We have learned, it may be, how to discount the statements of some persons, having become so fully acquainted with their failing to magnify everything they do and to add to the cost of everything they buy and the significance of everything they touch. We discount freely, it may be even fifty per cent. or more. Well, so we must discount the warning or prognostications of cautiousness, and take off at least that amount of the suggestions which that very active member is constantly throwing out. Then we need to brighten up hope, stir her up. Tell him to brush the cobwebs and dust from his eyes so that he may see clearly that things are more attractive than he has been accustomed to think and to get an interest in matters so that he may be more alert in the present and future than he has been in the past. It is impossible to be successful in the development of any organ until you have become interested in it, and in proportion to the amount of interest or the intensity of that interest, so will your success be. You must also encourage hope. Take a cheerful and hopeful view of everything. Even if you have failed to do what you purposed, take encouragement from the experience you have gained and rub your spectacles again so that you may see more clearly on your next attempt.

Of course, small hope will need much encouragement, because she is a shy, coy maiden, and is disposed on every little rebuff to step back into her shell and hide herself and look out on the side of failure.

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Knowing this, you must rouse her up and bring her out into the fresh air again so that the bloom of health and strength may come into her cheeks, and the more fresh air and activity you give her the more robust will she become. You must be persistent and must not under any circumstances give way, for ofttimes under the excitement that follows effort one is disposed to swing to the other side with the pendulum and become very despondent, and these extremes have a tendency to create very vivid impressions which have a very unfavorable effect upon the individual. But if you have only made a slight advance, keep on, that is the right course, and it is bound to lead you to success in the end. I am aware that you will tell me it is easy to give advice and not quite so easy to carry it out. But we are in for self-improvement, and, as I said before, we must not only work up an interest in the matter but we must keep that interest active, so that it may result in permanent improvement.

When you find yourself lagging, then remember what it will be to you in the future when you have acquired a good development of this organ. How it will gild your purposes and put the roseate hues upon your plans and charm you as you press forward. And then under the inspiration of such a view go to work and get all the pleasure you can from the work. To be effective you must of necessity love the work, not only for the sake of its beneficial results, and then the results will be even more effective, for such a course of procedure will produce a permanent trait of character which will be helpful to you in every phase of life.

(Concluded with this number.)

NIGHT WALK OF BOY OF ELEVEN

RECTOR'S SON TRAMPED FROM MORRISTOWN TO HIS HOME IN NEW YORK CITY.

Got Homesick and Ran Away

Morristown, January 16.—It now turns out that Christopher McConnell, the eleven-year-old son of Rev. Dr. S. D. McConnell, rector of All Souls' Protestant Episcopal Church, New York City, who, as told in the News, disappeared yesterday from the preparatory school here, in which he was entered two days ago, tramped all the way from this place to his home, 781 Madison Avenue, Manhattan, during last night. The arrival at his home was reported in the News, but it may be added that the lad was footsore and weary, but not at all repentant.

Shortly after the boy was left at the school it was noticed that he was homesick. Yesterday afternoon, while taking a walk after recess with a number of his schoolmates, he wandered away from the road and disappeared. The other boys, thinking that he had gone on a solitary exploring expedition, thought nothing of his leaving them until roll was called at dinner time, when his absence was noticed.

All night long searching parties were beating through the woods about the school. The older of the schoolboys were sent out to help, the local constabulary was pressed into service, and farmers who knew the hills and the woods like a book came and volunteered their services.

But when daylight made the lanterns of the tired searchers superfluous not a trace had been found of the missing Christopher, and fresh parties started out, and some of them were sent to nearby towns and villages to get some clue to the lad's whereabouts.

The principal of the school called up Dr. McConnell on the telephone at nine o'clock this morning, and told him that his son had not been located.

"Have you heard nothing from him in New York?" asked the principal, very much worried.

"Nothing," replied the doctor. "I am leaving the house this minute to come out to you and help," and forthwith he left the house and started for Morristown.

It was not ten minutes later when the telephone bell in the principal's study tinkled.

"This is Dr. McConnell's house?" a voice said.

"Yes."

"Well, the boy got back all safe and sound. The doctor has started out your way. Better send him back."

The boy had appeared scarcely more than five minutes after his father had left the house.

"Yo' child," said the rector's negro servant. "Yo' been snoopin' around the corner twell yo' pawpaw done gone away."

The boy's overcoat was buttoned tightly about his chin. From top to toe he seemed extremely weary, but his hands were tucked away in his pockets and he laughed.

"I got homesick, that's all," said the boy.

Christopher is less than three feet tall.

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He has light hair and blue eyes, which grew animated as he told his story in answer to the question:

"Why did you run away?"

"I just didn't like to stay there, so yesterday I thought it was about time to come home again, where everybody loves me. I went walkin' with some of the boys yesterday afternoon, and I thought that was a good time, so I went into the woods and walked all the way home. I walked along the line of the Delaware, Lackawanna and Western Railroad, and the trains looked pretty.

"Weren't you afraid?"

"No; what was there to be afraid of? Some of the boys were talking about a bear yesterday, but they said it wasn't right in this part of Jersey. Well, I walked all night long, and I wasn't afraid, but I got sleepy and my feet got sore. I only had five cents and I invested it in a loaf of bread, as I was getting pretty hungry, I can tell you. Then I began to wonder how I was going to get across the river.

"I reached Hoboken when the sun was coming up and I walked right through the station and got on to the boat. James, here, says that was dishonest, but I didn't steal rides on any freight train. Well, then I walked all the way up here, and it was thirty miles. I got my slippers on now, because they're comfortable."

"Do you think that you will go back to Morristown to school?"

"Say, I guess I will. But maybe things'll seem better after father's talked to me in the study."

At that moment Rev. Dr. McConnell stepped through the half open door.

"Well, my boy!" he called heartily. "What a chase you've given us. Where have you been?"

But Master McConnell, at the sound of the paternal voice, had disappeared into the shadows of the hallway.

"I knew it would be all right," Dr. McConnell said. "I supposed he had started home."

"Are you going to take him back to the Morristown school?"

Dr. McConnell seemed surprised.

"Of course I am," he replied. "He will probably go back to-morrow. I will talk with him for a little while, and then maybe he'll feel more like going back. Oh, I won't say a great deal to him. I'll just talk to him and try to show him where he is in the wrong."

When Master McConnell heard this his head reappeared around the edge of the door.

"I just wanted to see you again, dad," he said, pleadingly.

The stern look on the clergyman's face relaxed, and with a smile he gathered the youngster up and carried him on into the house.

The boy walked in all about thirty miles, and his route was along the road through Summit, Short Hills, and Orange, and over the Jersey Meadows to Hoboken.

PRIZE OFFER.

A prize of one year's subscription to the PHRENOLOGICAL JOURNAL for the best description of the character of the boy given above. Competition closes September 1st.

THE SCIENCE OF HEALTH—*Continued.*

HOW SMOKING TOBACCO AFFECTS THE BRAIN.

(*Continued from Page 255.*)

continent. The American church gives one million dollars a year for the evangelization of the heathen, and the American Christians spend five million dollars in tobacco.—"Good Health."

MORPHINE AND WHISKY TREATMENT.

In the "Medical Brief," for October, 1903, we find a notice of a sanitarium in Memphis, Tennessee, for the special treatment of morphine and whisky victims, and from the indorsements of several physicians published with it we judge the treatment pursued is very successful in curing cases of this kind. The treatment pursued here, in brief, consists in a gradual withdrawal of the morphine and whisky the victim is using, and at the same time give active treatment to stimulate the action of the skin, kidneys, and bowels. From this report we copy the following:

"During the active treatment, the patient perspires freely, the bowels and kidneys act very freely, and as a result the last vestige of morphine is eliminated from the system. The odor that arises from the patient's body, at this

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period, is really obnoxious, and is an evidence that the poison is being thrown off through the pores of the skin. The active treatment is then discontinued and the patient is placed on a hypodermic or internal tonic treatment, and is given hot, cold, or vapor baths, electric or massage treatment, as may be directed. This exhilarating and restorative treatment is continued for a period of one week and is then followed by a week of complete rest, during which time the patient is free from the use of medicines of all kinds. He now realizes that he is cured and that it is possible to eat and sleep without the aid of artificial stimulation. He has no aches or pains, and is consequently happy in his freedom."

A FACT REGARDING SCIATICA.

R. E. L., aged forty years, an active business man, living as people ordinarily do, was brought to the Bath June 2, 1904, suffering from an acute attack of sciatica, accompanied by much pain and inability to walk without assistance. He was given two Turkish and Roman baths each day, and all food was withheld. Free water drinking was permitted. This treatment was continued for five days, when he went home entirely relieved from pain, and able to walk wherever he pleased. CHAS. H. SHEPARD, M.D.,
81 Columbia Heights, Brooklyn, N. Y.

EXERCISES FOR AUGUST.

THE MOTIVE TEMPERAMENT.

The exercises for ladies which are given in this number are arranged according to temperament. Exercises for this temperament should be those to add rather than to decrease the person's flesh and symmetry.

A young lady who weighs one hundred and thirty pounds, with a height of five feet six, age thirty, circumference of head twenty-two, height fourteen and one-half, length fourteen, should take the following exercises: Seated, turn the head to the right (1), position (2), repeat (3) (4). Turn head to the left (5), position (6). Repeat (7) (8). Keep chin steady. Droop the head in front as low as possible (9), stretch the head up and backward (10), forward (11), backward (12). Lay the head down on the shoulder (13) to the right, position (14), repeat (15) (16). Lay the head down on the left shoulder (17), position (18). Repeat (19) and (20). Rotate the head to the right in a circle (21), repeat (22); rotate the head to the left (23), repeat (24).

Lie full length on the floor, arms crossed at the small of the back, body resting on the arms. Take one deep breath, count 25, empty the lungs 26, repeat 27, 28. Place the hands over the head 29, and take a deep breath. Empty the lungs and lower the arms 30, repeat 31 and 32. Repeat after an interval of two minutes the whole number of counts, including the 32 movements, making 96 in all, pausing between each section of 32, two minutes. Repeat exercises given in July number, and exercise at least a quarter of an hour every night or morning, and keep count of the time given.

Exercises for the next month will be for the Mental Temperament.

A prize is offered to the one who is the most diligent in doing these exercises to January 1st, when a record of the time spent on the exercises each month should be totalled up and sent to the Editor of Physical Exercise (Captain Jack MacDonald), Phrenological Journal, 24 E. 22d Street, New York City.

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THE

Phrenological Journal

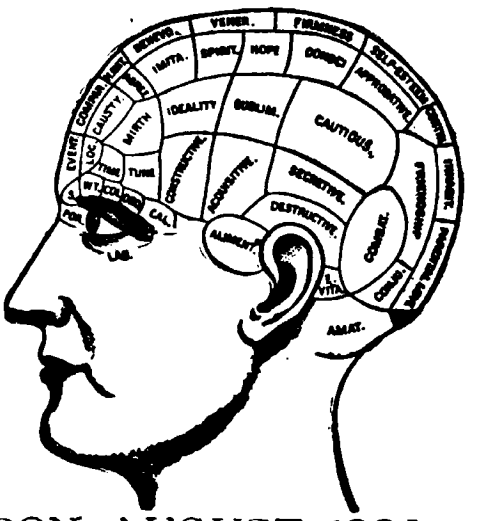
AND SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

Phrenological Magazine

(1880)



NEW YORK AND LONDON, AUGUST, 1904

The truest wisdom is a resolute determination.—NAPOLEON I.

WHAT SHALL I BECOME?

The air just now is as full of graduating songs, good wishes, farewells, etc., as the Fourth of July was of the smell of powder, and with all this graduation work there comes the important question: "What shall I become?" Even Presidents of Universities and Colleges ask themselves this important question concerning their boys, in whom they have become intensely interested during the last four years of their study.

Benjamin Ide Wheeler, President of the University of California; John Hustin Finley, President of the College of the City of New York; Edmund J. James, President of Northwestern University; Henry Smith Pritchett, President of Massachusetts Institute of Technology; William Dewitt Hyde, President of Bowdoin College; Charles Franklin Thwing, President of Western Reserve University; William H. T. Faunce, President of Brown University; Charles William Dabney, of the University of Tennessee; Charles William Elliot, President of Harvard University; Nicholas Murray Butler, President of Columbia University, are all men who are wielding an immense influence over the future of our rising generations. They are men of broad sympathies, wide attainments, and cultured minds. Let us hope that they will all prove to be followers of Horace Mann in his far-sighted belief in the principles and the applied usefulness of Phrenology. Among the many groups of students that we would like to illustrate these pages with, we have selected Rutgers Colleges this month, although space will not allow us to give the names of all the members recommended for the degree of Bachelor of Arts or Science, nor the Honor Men in Classics, Science, Rhetoric, Law or Mathematics. Some of the mementoes given at Class Day were as follows: A sewing-basket outfit to one student, with the words "To mend his

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habits"; an alarm clock to another student "To keep him awake"; a bantam rooster, which was supposed to represent the receiver's "actions around college," a soft hat, applicable to the receiver's head, a live lobster to another, and a cow's tail with the words "Is always behind." The young men are a



RUTGERS COLLEGE GRADUATES, CLASS OF 1904.

sterling, hardy type, and we trust they will make good use of their opportunities.

We would advise those students who are anxious to make an investigation of their own powers of mind to take a Course at the American Institute of Phrenology, for it will save them time and useless expense in after life.

The Course in Phrenology, which we refer to above, begins in September and continues to the end of October. The reception of students takes place on Wednesday evening, September 7th, at eight o'clock. The lectures are held daily after this date, with a revision of the week's work on Saturday. For the subjects taught, inquiries should be made at the Institute, where all particulars of the Course can be obtained. Address Secretary of the American Institute, 24 E. 22d Street, New York City.

THE FOWLER INSTITUTE.

The Fowler Institute commences its Autumn session in September. The lectures on Phrenology and kindred subjects are given weekly. For particulars of which prospective students should write to the Secretary of the Fowler Institute, Imperial Buildings, Ludgate Circus, London, E. C.

"MAPS OF A MAN'S LIVING BRAIN ARE NOW MADE POSSIBLE."

The above-quoted heading appeared in the "Boston Sunday Herald," June 12th, and with it was an explanatory and an illustrated article explaining how, by a simple apparatus, mental operations and the locations of the powers directing them can be ascertained.

Professor Blondlot, of Paris, has succeeded in looking through the skull of a man and of seeing the workings of his mind by the aid of the newly discovered

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"N"-Rays. He explains the fact that it is a matter perfectly simple, and says that the instrument employed is nothing more complicated than a small, rectangular piece of pasteboard the size of a playing card, one end of which is spread with a paste of phosphorescent sulphate of calcium. The substance, it appears, is made luminous by the rays of the "N" description. When such a card in a darkened room is applied to a man's head, it does some very remarkable things. A person under experiment is told to talk, and he keeps on talking until the bit of pasteboard is brought into contact with various parts of his cranium. It shows no change until a certain area on the side of the head is reached, when suddenly the luminosity of the paste becomes greatly increased, and why? Simply because this is the area of brain surface, which controls vocal utterance. In working, it gives off in a way presently to be explained, a flood of "N"-rays, which causes the sulphate of calcium to shine.

But this is not all. Professor Blondlot has found that by passing the card slowly over the head, and watching the variation of the shine, he can outline with perfect accuracy, the vocal speech area of the brain surface. Of course the man must talk all the time, so as to keep the speech center working, else the card would cease to give indications. "As every one knows," the article goes on to say, "it is the gray stuff forming the surface layer of the brain that does the thinking and controls the physical activities. Apparently this layer is divided up into patches, each of which has its separate function for speaking, seeing, hearing, smelling, tasting, and directing the movements of the various muscles of the body. Chiefly by experiments on animals these patches on the human cerebrum have been approximately located, but by the use of the sulphate-of-calcium card they can now be definitely outlined."



We shall rejoice if the "N"-rays, the X-rays, or any other rays, bearing a

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letter of the alphabet, will enable scientists to see more distinctly the divisibility of the brain centers, for this is a point upon which a number of scientists and physiologists have differed in the past, and when they can prove to their own satisfaction what Phrenologists have been demonstrating for the last hundred years, we may expect the time to arrive when they will accept the theory that the mind does not act as a whole, but is a conjury of powers, each serving a different purpose.

We shall watch with interest what Professor Blondlot's experiments prove in the future, and also what Professor Langley's machine is capable of doing in explaining the wonderful "N"-Rays.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

No. 753. B. A. K., Hotchkiss, Col.—This baby has a remarkably well-developed organization for one only six months old. She is as bright as a new button, and knows more than some people credit it possible for babies to know. She has the vital temperament, and consequently will take things easy. Her neck is short, and her temperature will rise quicker than is the case with children who possess a motive temperament and a long neck. She must be kept quiet, and not allowed to see much company. Let her amuse herself when she can get into a swinging baby-chair. She will entertain herself by the hour if left to do so at an early age, and in a chair that swings from pulleys attached from the ceiling, and if so fastened in that she cannot fall out, she will thoroughly enjoy herself. She has a very inquiring mind, and will keep her mother busy talking to her all the time. She will pick up information with wonderful quickness. It would be well not to press her at school, for she must give her body a start before her mind is occupied with all kinds of study, and, though healthy, she must be kept so, and the only way to do this is to let her grow up in a thoroughly natural, healthy way. She appears to have exceptional musical ability, and when we say musical we mean vocal music as well as instrumental. She should be able to retain what she studies quite readily; in fact, it will not take her long to study her lessons.

She is a precious piece of humanity.

No. 754. K. H., Indianapolis, Ind.—This lady's photograph indicates that she is very magnetic and full of life and sociability. She is pleasing in her manners, social in her ways, companionable in her habits, and makes friends quite readily. She appears to have some dramatic and elocutionary power, and we think she might use it to a good account and entertain her friends in this way. She is rather too sensitive for her own good. She is fond of music, and should be quite a connoisseur of art, and be able to decorate, beautify, and arrange a house, garden, or church with great taste. She has a strong ambition to excel, and will do her best whenever she competes with others in any way. She could enjoy the study of literature, with the object of accomplishing something in it, although, perhaps, her stronger talents will show in music or the opera.

No. 755. E. A. H., Kalona, Iowa.—We are glad you have sent us two photographs, a front and a side view, for we can get a much better impression of the whole head than if you only sent us the front view. You have succeeded in securing two excellent portraits, and we congratulate both you and the photographer on your success. The baby's head is quite strongly developed in the moral group, and we think you would be fully justified in giving him a religious training, for he will naturally be inclined to enter the ministry and bring others to see their responsibilities in life in religious ways. We do not often find a baby ten months old to possess so much moral character and inclination; in fact, he is exceptional in his development of Veneration, and he will show it in being highly respectful and anxious to maintain and call out the respect of others for sacred and superior subject. He has large Cautiousness, Causality, and Ideality,

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and will show foresight, anxiety for the future, a love for the beautiful in Nature, and a great thirst for knowledge. Let him romp and play during his early childhood, and be out of doors as much as possible, for in this way he will build up a good foundation for his professional duties, if he decides on such. Keep him a little boy as long as possible, for he will be inclined to grow old too fast.

Norman A. Brown, Liverpool, possesses an active mental temperament, an aspiring mind, and a prudent nature; he is cautious in his acts, decisive in his statements, but is somewhat weak in self-confidence. He is very thoughtful, and lives too much within himself. He should get into society, and give others the benefit of his thoughts and ideas; he will not do himself justice by living a secluded life. He is very keen in all his mental operations, has a large share of critical acumen, and an analytical type of mind. He is original, studiously inclined, with a good general memory, but his verbal memory is weak. He could best cultivate the faculty of language by interesting himself in debating classes and literary societies. He is very precise, discreet, tenacious in purpose, and cannot tolerate restraint. He is well adapted for secretarial work, or any similar position of responsibility.

REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

"Telepathy." Mental Telegraphic Communication: What it is, and how it is done. By R. Dimsdale Stocker. Published by Fowler & Wells Co., New York City, and L. N. Fowler & Co., London.

This book is one of the last published on the subject, and is compact and condensed into seventy-two pages. The subject itself is now of universal interest, and needs no introduction from us. The six chapters contain many points from a Phrenological standpoint that will appeal to our Phrenological friends. The writer first asks the question, "What is Man?" and gives us as an answer the reply, as follows: "His Soul-life." He next talks about man's head-form as being unlike that of any other creature. He then explains the rationale of telepathy and what it means, or how psychic activity is carried on in various ways in distinct parts of the brain. He next attempts the explanation of the nature of the mind, and proceeds to examine our two distinct kinds of consciousness, the waking and the submerged. In Chapter IV he takes the reader along with him while he explains how the mind acts, and illustrates his subject by giving a diagram of three planes of thought, first being "intelligence," the second "will, feeling, desire," the third "the five senses," the vibrations differing in each section. In Chapter V the writer explains how telepathy can be applied. He illustrates this phase of his subject by showing how thought-currents pass from one individual to another, and he finally closes his subject by giving some notable instances of telepathic communication.

We are sure the book will be read with interest when it is known by the public. The price of the book is 40 cents.

"Diagnosis from the Eye." A scientific essay for the public and medical profession, by Henry Edward Lane, M.D., with original illustrations, published by The Cosmos Publishing Co., Chicago, Ill., L. N. Fowler & Co., London, price $2. The book is also published in the German language, and can be had through the same address at the same price. This book explains a new art of diagnosing disease with perfect certainty from the iris of the eye, and all the normal and abnormal conditions of the organism in general, and of the different organs in particular. It gives a chart which lays before the reader a key to the diagnosis from the eye. It states that the eyes are the highest developed of all the organs, and from them, like from a foundation of rays, mind and soul send their light, in love and despair, pity and prayer; pure and impure emotions of the soul are reflected upon the eyes, intelligible to and impressive on all. We therefore like to look into the eyes of our friends, and judge a stranger by his eyes, especially when evil designs are represented there, or the look of distress, or the piercing look of malice is characteristic of others. We have been accustomed to think of the eye as the mirror of the soul, but very few have reflected upon the fact that it is possible to diagnose disease from the eye and to recognize with absolute clearness the physical and mental conditions of man. An increased value of the knowledge of the art of diagnosing from the eye is found in the fact that what applies to man applies also

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to animals, though the shape of man's eye is different from the rest of beings.

In Chapter III the history of the diagnosis from the eye is explained. This science, if it may be justly called so, was reserved for the revelation of the nineteenth century. It seems that a native of Hungary, Ignaz Peczely, wrote a work called "Discoveries in the Realms of Nature and Art of Healing," in 1880. In his work he founded the theory that azure is the normal color of the eyes of the Caucasian race. He found that allopathically treated diseases darken the color of the eye. In 1861, as a follower of homeothy, he treated successfully his dead-sick mother. This case made him famous, and soon other patients sought his homeopathic advice.

He, with other writers of Germany and Sweden, improved the diagnosis from the eye, and in the present work the writer hopes to have solved and cleared away in a satisfactory manner all indistinctness and uncertainty of the preceding authors, and thereby to have perfected the diagnosis from the eye.

In Chapter IV the color of the eye, especially of persons who possess the blue and the brown eye, is explained.

In Chapter V the key to the diagnosis of the eye is given. These chapters are contained in Part I. Parts II and III contain the practice from the diagnosis from the eye and the natural method of healing, general precepts, the care and treatment of the child, epidemics, etc., and the natural healing practice, such as the fruitarian diet, the value of raw food, air and sun baths, cold-water treatments, magnetic healing, are dilated upon in full. It is a book that will bear the light of investigation, although it will surprise many by its investigations.

FIELD NOTES.

THE CONVOCATION OF THE UNIVERSITY OF NEW YORK.

Held at Albany June 27th and 28th.

The gathering was a most notable one and, in fact, one of the most successful in the history of the university. The papers read were all excellent in character and a few were remarkable in the breadth of views expressed by the writers. One paper, the author of which was Charles A. Gardiner, impressed me very much, and one I would have wished to respond to if the opportunity presented. But there were no discussions. Among other things said by Mr. Gardiner was that the principles of Christianity should be taught in our schools, as this was a Christian nation. But he failed to inform his hearers in what manner they were to be taught. It would have pleased me greatly to explain the prinples of phrenology in this connection and to show how phrenology elucidated the doctrine of Christianity, and that in a manner that no sectarian could object to. I was also greatly impressed by the appearance of the members. They all gave evidence of culture, and one with the slightest amount of human nature would have to confess that the shape, even of the head, indicates much in regard to the habits and occupation of an individual.

In conclusion, I would say that I found some individuals that were not informed in regard to our Institute, or that it was chartered under the laws of the State of New York. They all manifested great interest in the matter, and from their remarks I am sure much good will in time follow.

Constantine F. McGuire, A.M., M.D.,
Delegate.

Dr. John L. Capen, of Philadelphia, celebrated his eighty-second birthday on Monday, June 13th. This venerable philosopher is still actively engaged in the work, although at times greatly feeling the infirmities of the flesh. The past winter he suffered from an attack of pneumonia, followed by a relapse, which severely taxed his vitality. His is a long record in connection with the science of Phrenology, he being a pupil of Mr. Butler, of Boston, in the early forties. He was also associated with Fowler & Wells and O. S. Fowler in New York and Philadelphia. We hope many years of usefulness yet remain his portion.

SUMMER SCHOOL FOR CHILDREN.

Miss Mary Kyle has arranged to take charge of and teach a few children during the summer months, for a nominal fee, at Dr. Ballard's Log Cabin Camp, Lordville, N. Y. Special attention will be given to those children who are mentally weak.

The above arrangement will commence in July. All communications should be sent to Lordville, N. Y., or particulars can be obtained from Dr. C. M. Ballard, 2 Verona Place, Brooklyn, by appointment.

Professor Levi Hummel, the Phrenologist, has recently closed a series of interesting lectures on Phrenology. Professor Hummel is no stranger in our midst, having lectured here many years ago to the utmost satisfaction of all who had the pleasure of hearing him. His work in Phrenology is endorsed by clergymen, physicians, and educators. His thorough knowledge of Anatomy, Physiology, Hygiene, and Phrenology makes him a peer among men in his calling. All who have heard Professor

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Hummel lecture endorse him and testify to his deep knowledge of the science.—The Williamstown Times, Pa.

Professor George Morris is lecturing in Portland, Ore.

Professor G. Cozens is now lecturing at Crookston and other towns in North Minnesota.

Professor Levi L. Hummel has been lecturing at Reinerton, Pa.

Professor George Markley is located in Pittsburg.

Professor W. G. Alexander has been lecturing in Winnipeg, Canada.

Professor M. J. Severn is located in Brighton, Eng., where he is lecturing and giving Phrenological examinations.

We have heard from the following Phrenologists who are giving examinations and lectures:

C. A. Hewes, Albany, N. Y., P.H. Flanigan, Providence, R. I.; E. A. Bradley, Eagle Lake, Minn.; W. J. Cluin, Watertown, Wis.; J. M. Fitzgerald, Chicago, Ill.; Allen Haddock, San Francisco; John L. Capen, M.D., Philadelphia, Pa.; Wm. Musgrove, Blackpool, England; M. Tope, Bowerston, O.; Collin Green, Oglesby, Texas; H. W. Smith, Lake Preston, S. Dak.

John Barrowman, class of 1903, is now in Glasgow, Scotland.

NOTICE.

The first meeting of the American Institute of Phrenology will be held on September 7th. Friends must keep this date in remembrance.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY *will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.*

IF YOU USE A PSEUDONYM OR INITIALS, *write your full name and address also. Some correspondents forget to sign their names.*

M. E., New York.—You ask how you are to help your little boy, who is inclined to stray away from home. His photograph shows us that his Inhabitiveness is not large, while his Locality is very prominently developed. We realize that it will be necessary for you to study the mental make-up of the boy, and encourage the home spirit in him, and bring attractions to his home, so as to make him forget his desire to wander away from his home. Talk to him about the development of the faculty, and in this way you will be able to strengthen it.

NEWS AND NOTES.

CAN'T FORGET WHAT HE READS.

Human Encyclopedia with a Photographic Memory.

Datas, the human encyclopedia, held a reception quite recently and invited questions about all events of the world's history, from the birth of Adam to the last Suburban Handicap. A dozen men came primed with questions about events of the past, but they couldn't stump Datas. He reeled out the answers so fast it made their heads swim. A wag in the group thought he would have fun with the stranger from England.

"When was Canada annexed to the United States?" asked the wag.

"I don't claim to be a prophet," replied the man with the facts in his head.

Until three years ago Datas was a stoker in Liverpool, and couldn't write his name. He had been taught to read, though, and had devoured the contents of almanacs. Accidentally he heard two well-educated men disputing as to a date and set them right. Within five minutes one of the men made a proposition to the "freak" to go on the stage.

Since then Datas has been on exhibition in music halls in London. Everything he reads makes an indelible imprint on his mind. He has already mortgaged his head to King's College Hospital for £2,000, so that the formation of his brain can be studied after his death.

"I haven't read everything," says Datas, "and there are lots of things I don't know. I only claim to remember what I have read."

CASE OF A MAN WHO HAS LIVED TWENTY YEARS WITH THE BLADE OF A KNIFE IN HIS BRAIN

Christopher Osborn recovered consciousness in Grace Hospital to learn that a piece of a knife blade had been removed from his brain, where it had been imbedded for twenty years. In a quarrel with a fellow-workman, a score of years ago, Osborn drew a razor and the other man defended himself with a knife, stabbing Osborn in the head. He apparently speedily recovered from the wound and received a jail sentence for the attack on the other man. When released he seemed as well as ever.

Since his release Osborn has been employed as gardener for Prof. John Weir, Dean of the Yale Art School. On Saturday he went into convulsions. Dr. Marshall J. Adams could find no cause for his condition until Osborn told of his old injury.

Osborn was taken to Grace Hospital and his skull opened. A section as large as a

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nickel was cut away and clinging to it was a piece of a knife blade an inch long, which had penetrated the brain half an inch. Dr. Adams, describing the operation, said:

"I first made a triangular incision in the scalp, laying bare the skull four or five inches, and then began a search over the motor area for the cause of trouble. This I found in a small protuberance of some foreign substance, which developed into the broken blade of a knife. I performed the operation of trepanning, taking out a section of the skull together with the knife blade, which had entered the substance of the brain and had become encysted. Evidently the blade had become rusted and had set up an inflammatory action until it had produced pressure enough to produce complete paralysis of the left side, arm, leg, and trunk.

"The convulsions decreased in violence within twenty minutes after the operation and are gradually wearing off. The paralysis will also gradually disappear."

"And how do you account for the fact that the man has lived through all these years?"

"I cannot account for it," replied Dr. Adams. "It is one of the most remarkable cases that has ever come under my notice. That the man was not instantly killed was due to the fact that the blade did not penetrate a nerve center, but his subsequent life is most wonderful."

THE INTELLIGENCE OF FOX TERRIERS.

A lover of dogs cites two instances of unusual canine intelligence noticed durhis recent travels abroad. When in the Netherlands, a little fox terrier belonging to one of the customs officials at the Hook of Holland, trotted down regularly every morning to meet the boat. When the baggage was deposited for the necessary examination this small self-appointed inspector would sniff inquiringly at each piece, and never failed to detect cigars or odorous dutiable goods, no matter how cleverly concealed. Another dog who had also taken upon himself a duty which he performs more or less effectively was encountered at Portsmouth, England. This one, also a fox terrier, catches the rope thrown over from the Isle of Wight boats and carries it to the man whose duty it is to make it fast to the wharf. The dog patrol, which is a regular department of the police force of Ghent, Belgium, is an old story, and the enthusiasm as to the intelligence of these animals prophesies the day when canny canines will be a chief factor in the daily life of civilized peoples.

SENSE AND NONSENSE.

So long as we love we serve; so long as we are loved by others I would almost say that we are indispensable; and no man is useless while he has a friend.—Robert Louis Stevenson.

God reads our character in our prayers. What we love best, what we covet most, that gives the key to our hearts.—T. L. Cuyler.

On the steep hill of Difficulty, in the Valley of the Shadow, amid the crash of the universe smitten into indistinguishable ruin, "Thou shalt keep him in perfect peace whose mind is stayed on Thee."—Canon Farrar.

Every kindness done to others in our daily walk, every attempt to make others happy, every prejudice overcome, is a step nearer the life of Christ.—Dean Stanley.

Let us no longer cheat our consciences by talking of filthy lucre. Money may always be a beautiful thing. It is we who make it grimy.—J. M. Barrie.

FAILED TO RECOGNIZE IT.

"He sent a copy of his dialect story down into the country where he studied the dialect."

"And did it make the natives angry?"

"Oh, no; they couldn't understand it."

—Chicago Post.

THE FIRST FRUITS.

Poet—This little poem is all my own. It is my first, and I worked hard.

Editor—Indeed? I wouldn't be so cruel as to take it from you then. Good-day.—Talks and Tales.

NOT IN HIS CASE.

"I should think a circulating library would pay in this town," remarked the stranger.

"It didn't pay me," said the Kansas man. "I owned a bookstore here once, and when a tornado came along one day and put the books in circulation it broke me up."—Chicago Tribune.

HOW SHE TRIUMPHED.

La Montt—So Mrs. Pearlpen wrote poetry for two years without getting a line accepted? I should think she would be terribly discouraged.

La Moyne—Not a bit. She took all the rejection slips and papered a room. Now she is known as the most bizarre woman in town.—The Scroll.

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FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of **FOWLER & WELLS CO.**

THE SUBSCRIPTION PRICE of the PHRENOLOGICAL JOURNAL AND PHRENOLOGICAL MAGAZINE is $1.00 a year, payable in advance.

MONEY, when sent by mail, should be in the form of Money Orders, Express Money Orders, Drafts on New York, or Registered Letters. All Postmasters are required to Register Letters whenever requested to do so.

SILVER or other coin should not be sent by mail, as it is almost sure to wear a hole in the envelope and be lost.

POSTAGE-STAMPS will be received for fractional parts of a dollar. The larger stamps are preferred; they should never be stuck to the letters, and should always be sent in sheets—that is, not torn apart.

CHANGE of post-office address can be made by giving the old as well as the new address, but not without this information. Notice should be received the first of the preceding month.

LETTERS OF INQUIRY requesting an answer should inclose a stamp for return postage, and be sure and give name and full address every time you write.

ALL LETTERS should be addressed to Fowler & Wells Co., and not to any person connected with the office. In this way only can prompt and careful attention be secured.

ANY BOOK, PERIODICAL, CHART, Etc., may be ordered from this office at Publishers' prices.

AGENTS WANTED for the PHRENOLOGICAL JOURNAL and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Human Nature."—San Francisco, Cal.—Mr. Haddock is the enterprising editor of this monthly, and is wide awake to what is going on around him. We quote a humorous allusion to "The Danger of Being Alive" in another part of our paper:

"Health, Physical Culture, and Hygiene"—New York—has an article on "Athletics at Wellesley College," by C. Gilbert Percival, in which he says: "Wellesley has her annual field day, in which the students will compete in basket-ball, tennis, golf, hockey, hurdling, and relay racing. Class champions in each of these departments will be evolved as the result of the competition. Now that Wellesley has commenced this athletic work we may expect that other colleges will follow her lead."

"Vaccination"—Terre Haute, Ind.—Contains an article on "Sanitation, the Best Preventive," by F. A. Cargill, M.D. This and other articles will go far to prove that vaccination is a doubtful preventive to disease.

"The Pacific Medical Journal."—San Francisco, Cal.—"The Medical Profession in a Civilized Century," is the name of an article by B. M. Jackson, M.D., which is calculated to do much good. On page 379 there is a short article on "The Classification of Temperaments." We wish our medical brethren would look into the modern classification of this subject, which they would find to be an advance on the old.

"New York Magazine of Mysteries."—New York.—In the July number there is an article on "To Make Life Brighter," by William E. Towne. It is an article that will do much to make our character brighter and more helpful.

"Christian Work and Evangelist"—New York—has an important article on "Can the Modern Man be a Christ Man?" by William Elliot Griffs, D.D. This is a question which our student boys and girls are asking to-day, and it is a question that every young person ought to conscientiously answer for himself.

"Medical Talk."—Columbus, O.—This magazine beats every one that we have seen for its short and interesting articles. There is something for everyone, and therefore it ought to be of universal benefit.

"Our Dumb Animals"—Boston, Mass.—has always some interesting pictures of animals and much interesting literature on the humanity and inhumanity meted out to animals. Let us all see if we cannot do something for the dear dumb animals this summer. The heat often tries them, and many people are inconsiderate of their wants.

"The Pittsburg Christian Advocate"—contains a number of interesting articles on religious subjects which will be eagerly read by all home-makers.

"The Literary Digest"—New York—contains an article on "The Mind of a Monkey." Some experiments have been made on animals, and these are explained.

"The Club Woman"—New York—has always something bright and interesting of what is going on in clubdom.

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"Everywhere."—Brooklyn, N. Y.—The editor, Will Carlton, has two interesting poems on the opening pages—(1) "Our Message out of the Sky," (2) "The Coming of the King."

"Good Health."—Battle Creek, Mich.—"Shall we Follow the Dog or the Chimpanzee in Eating?" is an article in a recent number, by J. F. Morse, M.D. "A Short History of the English Vegetarian Movement" is an article given by Albert Broadbent, F.S.S.

"Human Culture," Chicago; "Review of Reviews," New York; "The Popular Phrenologist," London; "Mind," New York; "Suggestion," Chicago; "Lippincott's Magazine," Philadelphia, and others, will be noticed in our next issue.

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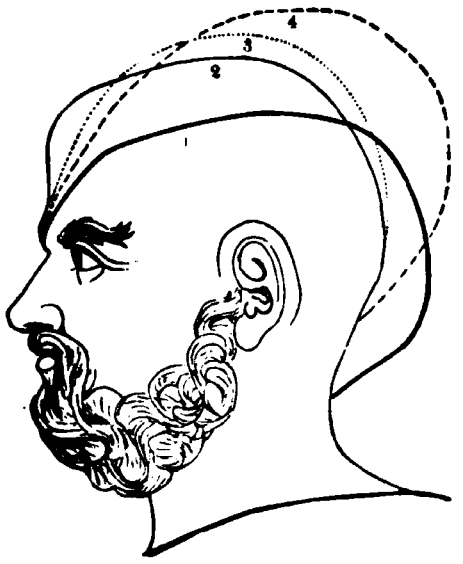
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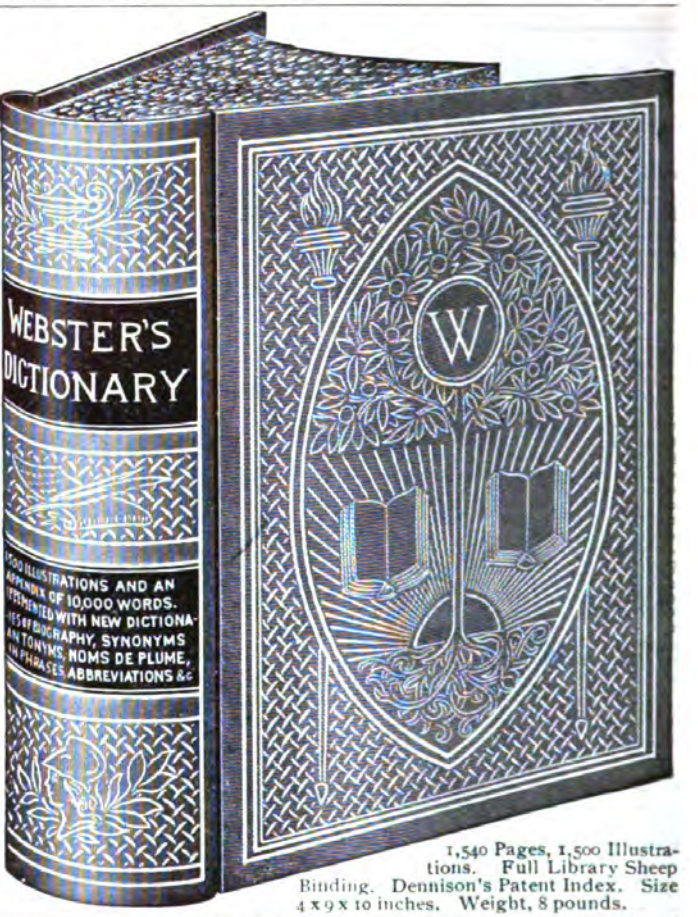
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CONTENTS FOR SEPTEMBER, 1904

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		PAGE
I.	**Characto-graphs of the Hon. Richard S. Tuthill and Mr. J. J. McManaman, from a Personal Examination.** By J. M. Fitzgerald. Illustrated	273
II.	**Practical Psychology.** Observation	279
III.	**Family Government.** By M. Tope	280
IV.	**Ere Harvest Time.** (Poem.) By M. I. Cox	282
V.	**People of Note.** Mr. A. S Eddington, by D. T. Elliott. Mr. G. R. Blanco-White, by D. T. Elliott. Professor R. H. Oldfield, by J. A. Fowler	283
VI.	**Some Men Who Know the Good Phrenology Has Done**	286
VII.	**The Science of Health.** Of Making Many Drugs There Is No End. Food Value of Fruits and Nuts. Both Rhyme and Reason. Health Advice from a Billionaire. We Eat Too Much Sugar. Is the Stomach a Cemetery? By E. P. Miller, M.D. Exercises for September, by Capt. Jack MacDonald. What Makes the Man, by H. E. L.	287
VIII.	**The Psychology of Childhood.** Bernard Henry. By Uncle Joe	291
IX.	**Address Given by the Hon. Edward Lauterbach, LL.D., and Remarks on His Photograph**	293
X.	**Notes of Current Interest.** Appendicitis. By the Editor. Dr. Carleton Simon on Electricity	295
XI.	**Editorials.** The American Institute of Phrenology. Brain of Frederick Bock. The Late Lawrence Hutton. The Late Rev. Lucius Holmes. The "Sanctified Saloon." September (Poem), by S. E. Baker	297
XII.	**Reviews**	301
XIII.	**To New Subscribers**	303
XIV.	**Field Notes**	304
XV.	**Our Correspondents**	305
XVI.	**News and Notes**	306
XVII.	**Sense and Nonsense**	306

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VOL. 117—No. 9] SEPTEMBER, 1904 [WHOLE No. 788

Characto-graphs of Hon. Richard S. Tuthill and Mr. J. J. McManaman, from a Personal Examination.

BY J. M. FITZGERALD, of Chicago.

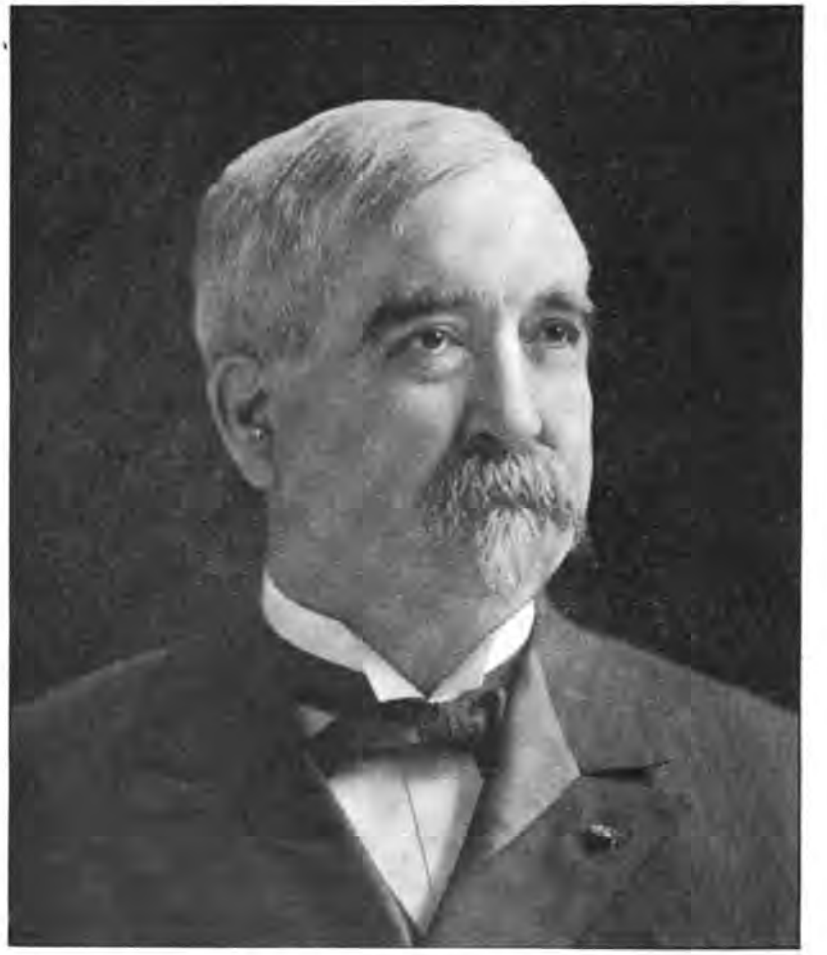
The eyes of the phrenologist are ever on the alert for the adaptability of things, the proper means to an end, in short, for the right man for the place. Life is indeed so full of misfits that we are prone to regard those men holding high and responsible public stations as beings elected because of their political suitability, rather than for mental equipment and moral fitness. However, in at least two instances (in Chicago) nothing could be further from the popular conception stated in the foregoing. Believing that the readers of the PHRENOLOGICAL JOURNAL would be intersted in the phrenology of Hon. Richard S. Tuthill, judge of the first juvenile court in the world, and also that of his able chief probation officer, Mr. John J. McManaman, the writer will attempt to delineate the strongest elements of their personalities as he viewed them in making a personal examination of these most interesting and worthy men.

Judge Tuthill is of medium height, broad of shoulder, large chested, with a close-knit frame and weighing about one hundred and sixty pounds. His appearance suggests compactness of parts. His head measures twenty-three and one-half inches in circumference; the head is unusually large, but remarkably well balanced throughout all of the lobes of the brain. The temperament is Mental Vital, with a touch of the Sanguine element, due to the expansive chest. He has ample blood-making capacity, and with the blood thoroughly oxygenated, his large brain is well nourished. He has a fine quality of organization. The vital element of his temperament gives him a richness of health and animation that adds zest to his life and warmth and vigor to his feelings to the point of enthusiasm. He is genial, active, alert and radiant with kindliness and optimism. In inheritance he chiefly resembles his mother. His back head is broad and well rounded as well as being elongated, thus showing a positive development of the faculties of love of children, home and conjugality; also

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remarkable friendship, and those faculties have had ample activity, for the Judge has several children; and when speaking of his family his deep brown eyes took on an expression of kindliness and affection that plainly said, "My home is my earthly heaven, and my loved ones are the beautiful angels that play and sing sweet music into my soul." How fortunate it is for the poor, neglected and often despised boy or girl that Judge Tuthill can come to his court with a mind so full of tender sympathy and parental compassion and understanding! With so much fatherly affection and duty, his interest in behalf of the unfortunate children never ceases. He does not grow cold, nor tired of looking out for their interests; but his strong reasoning faculty (causality), united with benevolence and parental love, thus renders his decisions at once philosophical and humane.

The judge is a splendid observer of things in general, as will be seen by the fulness and finely squared lower brow. The great width between the eyes gives him a marvelous memory for faces and the form and proportion of things once seen. That faculty, combined with his splendid human nature, at once stamps him a shrewd and capable judge of men; he records every experience in associating with them, and has sounded every key that moves hu-



HON. RICHARD S. TUTHILL.

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manity to action. His strongest faculties are, first, benevolence, firmness, destructiveness (energy), parental love, causality, observation, human nature, conscientiousness, approbativeness and language—certainly a combination that would make only a strong, just, humane, manly jurist and splendid citizen.

The head is a phrenological treat; it is broad, high, long and altogether large in its entire outline. The face in association with the head clearly bespeaks a fearless, frank, high-spirited, moral and progressive nature. He believes in every one having an ambition in work, in action; in short, he would applaud the injunction, "Whatever thy hands find to do, do it with all thy might." He would not only say, "Be sure you are right and then go ahead," but also, and with emphasis, "Be sure you go ahead."

Judge Tuthill was born in 1842, at Tuthill's Prairie, Jackson County, Ill. His parents were Daniel B. and Sallie Strong Tuthill, Vermonters who had come West to build a home on the fertile soil of Illinois. His education began in the district school and continued in the St. Louis public schools, after which he graduated at Middlebury College, Middlebury, Conn. He enlisted in the Civil War in 1863, and served as private until the close of the war. During his enlistment he became imbued with the ambition of becoming a lawyer, and during odd hours he began to read law while "wearing the blue" as a member of the Army of the Tennessee under Logan, Sherman and Grant. After being mustered out, he finished his law course in the office of Hon. H. H. Harrison, later Chief Justice of the Supreme Court of Tennessee; was admitted to the bar at Nashville, Tenn., in 1867; came to Chicago in 1873; was twice elected City Attorney, 1875 to 1878; was United States District Attorney during 1884, 1885 and 1886; was elected to the superior bench in 1887 to fill out an unexpired term; was re-elected to the same judgeship three times. In 1899 the other members of this judiciary selected him to open and preside over "the first juvenile court in the world." One can catch some idea of the enormous undertaking when one realizes that in 1903 5,158 children came before his court for proper consideration and disposition. The various institutions of reform open to his jurisdiction were so utterly inadequate, both as to taking care of the number and also as to the proper opportunities for the children's development and future welfare, that the noble spirit of this great father—for such he is—was deeply distressed, finally causing him to arouse public sympathy in behalf of a suitable home for his charges, resulting in public-spirited business men giving sufficient funds for purchasing one thousand acres of rich land at St. Charles, Ill. The State Legislature, of which Mr. J. J. McManaman was a member, voted an expenditure of three hundred and fifty thousand dollars for the purpose of erecting suitable buildings for the first year of this great and merciful boon to the unfortunate or delinquent boys of Chicago. We present a photograph of the architect's plans of the buildings at the St. Charles Home, which will be open on October 1, 1904, The character of this institution is industrial, a number of boys being assigned to a cottage presided over by an overseer, in a sort of home and family relationship. The boys will then be taught a trade or farming, as they may wish.

As the writer views it, it is not too much to say that with this great institution in active progress, the malignant, poisonous fungus will no longer be permitted to grow in the brains of such bad associates as stimulated Neidermyer, Marx and VanDine into murder and robbery.

Mr. John J. McManaman is of striking personality. He is above average height, weighs one hundred and eighty pounds and looks every pound of it, for the fibres of his body have been developed and seasoned by getting both

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feet next to Mother Earth. His head is large, measuring twenty-three inches in circumference. The three elements of temperament—mental, vital and motive—blend harmoniously, so that he has what we term a balanced temperament; and as a result of this combination of mental and physical elements of organization, he is unusually calm, self-possessed, deliberate, and well poised. He, too, has inherited largely from the maternal side of his parents—in fact, he might be said to be a perfect picture of his mother, especially a mental picture.

His organic quality must have been fine-grained as a child, but the various hardships of his life up to the age of twenty-four years somewhat retarded the spontaneity of cell action; but during the past sixteen years he has been gradually refining and remolding the work of former years.

Mr. McManaman's head is long and high rather than of the short and broad type; yet withal it has a strong base about the ears in the region of destructiveness and combativeness. The brain in the back head is splendidly expanded; it convexes the skull, which extends far out over the neck. In that respect it resembles the back head of the late Queen Victoria. Herein lies his interest for the work as chief probation officer of the juvenile court. Mr. McManaman is married



MR. JOHN J. MCMANAMAN.

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and has a lovely little daughter, he remarked to the writer, "I could love anybody's child." But his interest in children is more than an innate love, brought into action through the association with his own child; it was born of necessity, nurtured in poverty and distress, and grew strong in actual, hard and inexorable experience of his boyhood years.

In looking at the front brain and face, one could candidly say, What a splendid head and face! The length of the uncoiling convolutions from the ear to the forehead is immense; the brain pushes the skull out over the eyes and face, much as some huge, fine boulder hangs out in defiance of the rushing waters of some river that washes its base. That brain constitutes him a fact-gatherer of no mean ability. He has wonderful power of scientific research, of synthesis and philosophical analysis. His eyes have the quickness of those of an eagle for anything going on about him; no detail is too small for him to note. If it seemed important, he will insist on all of the facts being presented. His human nature and comparison are both powerful and active; hence he will be intuitional in his grasp of men's motives; in that sense he will be as sensitive to what they think and intend as a weathercock is to the slightest breeze. His comparison is stored with simile, allegory and metaphor; therefore he knows how to catch and hold the attention of youths. His language is as clear cut as his features. His ideas exceed his words; still, he would be termed a fluent speaker; but whatever he says has the ring of conviction and sincerity in it, and in debate he can be as pointed as the thrust of a rapier.

He has a broad head directly over the top and back of the ears; the faculties of combativeness and destructiveness are strongly represented in his mind; he is not to be bullied nor cajoled, he will not compromise for the sake of ease or policy, he is a natural fighter for what he believes to be right, and is willing to win or lose on those lines. His strong faculties of conscientiousness and benevolence give him a permanent desire to want to be of help and use in the world, and to that end he will be an untiring worker, so that those that come after him will find the way less steep, rocky and perilous. He has very little of the spectacular or theatrical about him. His approbation was not fed by dress parade during youth; consequently the vanities of social life seem to him grotesque. His ear could hear the sob of a lonely or misunderstood child far quicker and better than his eyes could appreciate the transient beauty of silk and broadcloth, be it never so artistically draped by the dressmaker or tailor. His mind is of the late-apple variety, partially for a lack of early opportunity and then due, too, to temperamental conditions. But he is a man of broad promise, and, if spared his health, will fill out a prominent destiny.

Mr. McManaman was born on a farm at Newport, Lake County, Ill., March 4, 1864. His boyhood days were spent in hard work of both farm and railroad variety, leaving no opportunity for school. And while drifting about in the Northwest (Wisconsin) he had the good fortune to meet with a phrenologist, attended a public lecture, at the close of which the professor asked for volunteers to come up on the platform and receive a short character delineation. McManaman was one of the bold ones, and in that five minutes' interview he received the first stimulus that set him to thinking about obtaining an education. He was told that he had plenty of talent and power of intellect, and if he would but secure an education he could make himself felt in the councils of men. He was then twenty-two years old. He set about earning money during the next two years, and at twenty-four he entered the primary department of the Northern Indiana Normal School at Valparaiso, being unable to read or write. He worked his way as a man of all jobs through the business, scien-

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tific, classical and law departments of the school, taking his degree in 1895. He then came to Chicago, landing at the Union Depot with the opulent sum of twenty-five cents in his pockets. In a short time he had secured the necessary means with which to open up a law office and begin the practice of that profession. He served for several years as attorney for the compulsory department of the Board of Education. In 1901 he was appointed to his present office. In 1902 he was elected (as an independent) to the State Legislature, representing the twenty-first senatorial district, doing valiant work in reform movement. He could have been re-elected, but believed that his duty lay in Chicago in connection with his present work.

Mr. McManaman has organized a home for boys, known as the Junior Business Club, of which he is the manager and secretary. The home is located at 428 Washington Boulevard, and was opened on May 15th this year. It is maintained by philanthropic citizens of Chicago. Its purpose is to furnish a home to boys ranging in age from fourteen to eighteen who are without a home and proper influences. Employment is found for them, and they are required to pay a certain part of their earnings for their maintenance, and are encouraged to save a good share of the balance. When they have accumulated one hundred dollars they will be given the full sum and permitted to strike out on their own responsibility. The home is governed by love and restraint, the only punishment being expulsion. The home has within its confines thirty boys. It will accommodate a good sized family of seventy-five.



BIRD'S-EYE VIEW OF ST. CHARLES HOME FOR BOYS.

It is hardly necessary to say that Mr. McManaman is a practical student of the science of phrenology, finding great use for his knowledge of the subject in every-day association with "my boys."

Finally, it may be said in closing that Judge Tuthill and Mr. McManaman have heard the echo of the last injunction given by that great phrenological educator and humanitarian, Horace Mann, i. e.: "Be afraid to die until you have done something for humanity."

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Practical Psychology.*

Observation.—This chapter includes (a) the Knowing Powers, according to Psychology; (b) the Perceptive Faculties, according to Phrenology.

Psychologists point out that the alphabet by which we spell out the objects presented to us is through sense-impressions, or impressions through the senses; thus, in order to grasp or comprehend these objects, these results must be put together after the manner of words. The apprehension of an apple by the eye involves the putting together of various sensations, such as sight, touch and taste. This is the mind's own work, and is known by Psychologists as Perception, and the result of this activity is called a percept. Perception, then, is mental activity employed by sense-impressions with a view to knowledge. Good observation, Psychologists tell us, must be precise and free from taint or error. Many persons' observations are vague and wanting in fullness of detail and precision. The habit of close and accurate observation of things, their features and their movements, is one of the rarest possessions. It presupposes a strong interest in what is going on around us. "This is illustrated," as Sully has clearly put it, "in the fact that a child always observes closely and accurately when he is very deeply concerned," as, for example, in scrutinizing his mother's expression when he is not quite sure whether she is talking seriously to him or not.

Psychologists also explain that good observation presupposes two things (1), the accurate noting of what is directly presented to the eye, or the perfect performance of the prehensive part of the process; and (2), a just interpretation of the visual impression or the perfect performance of the second or apprehensive part of the operation. All perception requires some degree of attention to what is presented, but we are often able to discriminate and recognize an object by a momentary glance, which suffices to take in a few prominent marks; thus the careful direction of the mind to objects is commonly spoken of by Psychologists as observation in its higher form, which is known as scientific observation. It implies to a deliberate selection of an object or action for special consideration, a close concentration of the attention on it and an orderly going to work with a view to obtain the most exact account of a phenomeno; hence Psychologists call observation Regulated Perception. The above analysis or observation by Psychologists refers equally well to Phrenological nomenclature, for we find that Observation, according to Phrenologists, is the distinct and accurate noting of what is presented to the eye. Psychologists explain that a child may hastily and slovenly observe Color, Form and other objects, as when a child mistakes a lemon for an orange or two boys fighting, or a child may fail to properly connect the various properties of metals, taking one piece of metal for another, so Phrenologists recognize that there is a practical, scientific reason why one child shows a keener power of observation and visual sense for one object than another.

Again, Psychologists admit that even if the visual element is carefully noted in a child, that there will be an error of interpretation when the impression of the eye has not been firmly connected with the tactile and other experiences, to which it is related as parts of one whole experience.

Phrenology points out that aside from the education of the senses, there must be an education of the various elements of which the mind is composed. It is not alone sufficient to train the eye to see, the ear to hear, the nose to smell, the fingers to feel, the tongue

*Digest of a chapter of a new work on "Practical Psychology," now in the press.

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to taste, but we have to train each individual sense through the operation or direction of various powers of the mind. Thus we must educate the eye not only to perceive but to remember forms, outlines, faces, pictures, material and various kinds of tools to work with, musical instruments to play on, places we visit, that we may go to the same places again, and all the works of Nature.

But we are led to suppose by some writers that the brain is a unit, and that the whole brain has to be developed in order to make a child remember the size of a particular piece of wood or metal, or to recall different kinds of fruit, or to name different streets or towns or musical notes. According to some Psychologists, there is no localization of function, according to Dr. Gall's method of procedure; but Professor James, in the last edition of his Psychology, has gone so far as to locate some of the functions of the brain in the cerebral hemispheres, and has allowed illustrations to appear in his first volume which illustrate the localization of Dr. Ferrier's discoveries concerning the controlling influences in the brain of the arm, leg, face, and trunk. This is going a long way toward proving at least some of the localizations of Dr. Gall, for already many centers have been demonstrated to exist in the same section or segment of the brain operated upon by the electroids under the direction of scientists and psychologists. A further explanation of this will be given in another part of this work.

Family Government.

By M. Tope, Bowerston, O.

To elicit from the children of a household all the best traits and characteristics the Creator has implanted in their natures should certainly be the aim of the highest domestic ambition. In order to do this most easily and as perfectly as possible, it is necessary to understand human nature and respect the various elements that make up, by combinations in different degrees, the children's characters, good, bad and indifferent. Where this knowledge is not possessed from a thorough study of the matter, experience attests that thousands of parents welcome earnestly and gratefully all the light and aid they can get. A few suggestions and admonitions here, kindly given, may therefore be of much profit:

In the first place, make up your *ideal home* and *family*. As a wise business man figures on his territory of customers, their wants and dispositions, how many he must have to make a living, how to reach them successfully, how to create a demand for his goods, what his expenses will be, and how much business he must do per day or year, so you who would found a family among men should not go haphazardly or blindly along, but wisely consider your means and formulate and carry out your plans hopefully, systematically and good-humoredly. Oh, the goodness of a healthy, intelligent mother, truly more devoted to the best interests of her husband and children than to Fashion or Mammon or other frivolities, who guards her household with calm judgment, economy regularity and pleasantness! Oh, the grandness of the man who coincides with such a woman in honesty of purpose, industrial forethought, tact and prompt energy to win an honorable living, replete with usefulness, enjoyment and happy memories! And, oh, for more of such men and women, such parents!

All parents should possess and study a book or two treating of the hygiene and physiological laws pertaining to heredity and stirpiculture. Likewise some reliable treatise on the feeding,

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clothing and otherwise caring for infants. The wanton ignorance and giddiness that prevails on these matters, even in this boasted age of intelligence, is awful, causing millions of premature deaths and misdirected and miserable lives!

Some persons, through good intentions or well-meant kindness, spoil their children's dispositions and reap trouble to all concerned, perhaps for a lifetime; others can make the same children amiable and easily governed in a short while. The secret is, to know how and do it. By the parents having a good phrenological chart of each child and doing some timely, careful thinking, many families can be better managed for time and eternity.

If phrenology is any good anywhere, it ought to be worth much in the home circle. And its benefits would be vastly greater, and its practice more in demand, were it not that so many neglect its teachings in these days along with other important duties. Hitherto, while the science has been generally and readily recognized as such, it has been too much a matter of curiosity which dies down early after the lectures or examinations have been given. It is our opinion, therefore, that the efforts of phrenologists should be directed less to proving and demonstrating the truthfulness of the science and more to establishing an *abiding respect* for its utilitarian principles and putting its teachings into practical shape for ready use by common people. To this end, we have laid down the following terse general directions, which we believe will be the more easily remembered and applied in this form:

RULES OF REGULATION.

Rule 1.—Pay constant attention to the health and normal physical development of each child, as a foundation, as it were, for all other development and training; and establish right notions and habits of hygiene in each one. Notice the size of their heads, their bones, and muscles, and the plumpness of flesh, and compare their height and weight with their head measurement, and see how their temperaments balance; and take special pains to strengthen the weaker parts by proper food and exercise. Children must have much exercise, especially if the head be large and the limbs small; this being nature's means of balancing herself in the child. If Destructiveness and Combativeness be high, the child is always "on the go," spunky and mischievous. Give them a room, if possible, and show them how to play, work with tools, etc. Let them play outdoors, ramble woodlands, admire flowers, listen to the birds, see them and learn their names, etc. Such must not be tormented nor scolded much, and always sent to bed in a good humor. Harsh treatment excites the faculties named and sets the blood coursing to their organs, increasing both their size and activity; while disuse allays them. Children should not be allowed to eat much meat or other food eaten by adults; nor peppers and other articles calculated to injure their stomachs and create false tastes and appetites that may lead on to intemperance. If children six months old are fed on pork and beans, what wonder that they die of cholera infantum? When children a year or more old are permitted to stuff themselves on warm cookies, jelly-cake, or candy as they desire, who should be surprised at their sickly faces or early deaths? Or who can blame a stupid or intemperate son, if he has been kept from crying with "soothing sirups" or "whisky slings"? Most children eat and drink too fast; watch these, and have them drink slowly and chew their food well. Dr. Andrew Clark, of London, told Gladstone that he had one mouth, but thirty-two teeth, and that each mouthful should receive thirty-two bites to give every tooth a chance, and two bites for every tooth missing. Weak children should have their food selected scientifically. All foods belong to one or more of four divisions: (1) The Salts; (2) Albumens; (3) Fats; and (4) Starches. (1) Undergo no digestion; (2) repair the wear and worn-out tissues, and (3) and (4) are fuel foods, supplying energy and motive power. Any method of living or training is wrong that results in an invalid, baldness, or a premature funeral. Men and women ought to rear a crop of boys and girls as well as raise a crop of corn and calves!

Rule 2.—Be regular as possible as to sleep and all other matters. A child from five to six should have thirteen hours' sleep, and a decrease of half an hour for each year thereafter up to sixteen. Nervous and tired children should be put to bed on time, even if they do not go at once to sleep.

Rule 3.—Try to enter into the feelings and conditions of the children under your care. Remember that you were once young, and recall the states of mind you then experienced. Such a process will be useful in many ways to all who have to deal with children.

Rule 4.—Whatever else you do, don't nag

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and scold. Show how, explain why, and make them mind when spoken to, telling them *once only*, and chastise coolly and humanely, if not obeyed. But the parent who does the most growling invariably has the worst governed family, and the scolding teacher is no better. Scolding shows incompetence to train children in obedience. Many spoil them by telling over and over as though they did not expect to be obeyed. Doing this and railing at them afterward for not obeying is ridiculous in the extreme! Set the example yourself by doing what you say you will, and see that every child *gets the habit* of minding good-naturedly when bidden. Nor pet nor hire a child with money, candy, or promises after punishing it.

Rule 5.—When they reach school age and after, respect their individualities. This is really the true plan for *the ideal educational system* of the future; but a little too impracticable yet for the world's present stage of advancement. Overcome their bad strong points and weak ones, not make them worse. (See Rule 1.) If the faculty of Firmness or Continuity be weak or the Social faculties strong, you will understand why the child is notionate and "easily led off;" and much patience, repetition of effort and heroic methods must be had. With Firmness and Self-Esteem high, care must be given concerning stubbornness; don't give direct commands, but appeal to the reason, sense of propriety, or idea of gratification to be derived; nor try to "break the will" nor coax, nor quarrel, but pleasantly explain and properly guide the will. Self-consciousness, bashfulness, and blushing or blanching, come from high Approbativeness, and Cautiousness, especially if Self-Esteem be low. These states usually accompany fine talent, often preventing its full exhibition and usefulness. Children with Approbativeness 6 or 7 are greatly elated by praise and discouraged by blame; scold them none, and brag some, but not to make them vain. Their Self-Esteem should be cultivated to give self-confidence and overcome embarrassment. Don't poison a child's mind with any false stories or imaginations of bugaboos or fear or dread of any kind to rack their nerves and probably haunt them all through life. It is awful what uncalled-for suffering many persons endure from false impressions formed in early life! So of other faculties. And how much more pleasure and satisfaction and good, if parents understood child nature better and were disposed to manage accordingly!

Rule 6.—Train them specially on Locality and Order—the senses of *place* and of *putting things in their places*. Much confusion and trouble arise from carelessness in these matters. They are prime factors in all "well regulated families."

Rule 7.—Teach them personal neatness and etiquette. The bad manners of American school children are proverbial. Will parents not correct this? Good-mannered persons are welcome everywhere; ill-mannered children are not wanted, though it's not always said so. Strictly require them to keep clean hands and noses, finger-nails cut, hair combed, teeth picked, and clothes clean and neat, and no silliness.

Rule 8.—Train them to be useful. Put the girls to washing dishes and assisting in household matters and let them have duties to perform; boys ditto, but more so.

Rule 9.—Decide early their life pursuits and prepare each for two or three. Be sure the important choice is in the line of taste and natural ability. Of course, there are many pursuits nearly always at hand, some easy, lucrative, hazardous, objectionable, and otherwise; but there is danger of making a mistake. A good chart marked by a conscientious practitioner will be a valuable aid in deciding.

Rule 10.—Win and keep their fullest confidence. Do this, and you hold the fort and key to their easy management and the great happiness of all. And see to it that you make and keep yourself worthy of this innocent confidence.

ERE HARVEST-TIME.

MARGARET ISABEL COX.

I joy where I have sown in faith
And hope and love; for I
Do know that sheaves are golden for
The reaping by and by.
I grieve where I have sown in doubt
Or fear or hate; yet know
Their meed of ill is just and right.
I shall reap as I sow.

And so I wait the harvest-time
With penance-tears I gem
My crown of joy, and place a star
Above grief's diadem.
Rejoicing shall I bear my sheaves
Though thorns of ill-done task
Hurt grievously. That I may learn
To sow aright, I ask.

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People of Note.

MR. A. S. EDDINGTON.

By D. T. Elliott, of London.

The subject of this sketch is a native of Weston-Super-Mare. He was educated at Brynmelyn School, Weston-Super-Mare; also at Owen's College, Manchester. He is a B.Sc. of both Victoria and London Universities, and holder of the Victoria University Scholarship in Physics. He has had a brilliant career, and now holds the coveted position of senior wrangler. Students of Phrenology will be interested in studying the mental endowment of this young man. The contour of the head shows a very large anterior lobe to the brain, also considerable height of head, and a large development of all the moral faculties. The form of the anterior part of the head indicates length rather than breadth, which endows him with a capital memory, intellectual assimilative power and a prompt perception of things in their detailed form; also strong deductive reasoning powers, which critically analyze facts and appreciate their value.



Photo by Crisp.

MR. A. S. EDDINGTON, SENIOR WRANGLER.

As a child he must have been very precocious, with a distinct partiality to study and investigate causes and effects. He is a persistent worker, and all his work will indicate definite observing power and concentrative action. His concentrative powers are so marked that we judge this to be one of the secrets of his recent success. He possesses a very studious type of mind, which is not adversely affected by frivolity of light amusements. In disposition he will be a little too serious and over anxious with regard to results. There is a large share of the plodding element in his nature, which will give him industry, perseverance and resoluteness of mind in accomplishing his purposes. These elements make him very thorough and strongly desirous of completing whatever work he may be engaged upon. He has a good degree of ambition, strong sympathies and lofty aspirations. In all things he will be governed by a strong sense of duty and the desire to excel in his undertakings. He has a self-reliant spirit, yet is not unduly obtrusive nor assertive; he will always pursue his course of action in an unassuming manner, yet with decisiveness and persistent purpose.

His type of intellect is especially well adapted for the pursuit of scientific knowledge and for close investigation into abstruse theories. As a physician he will excel. His active mentality is very intense, impressible and receptive; there is a good degree of self-control, as indicated by the strength of firmness, conscientiousness and self-esteem. After such a splendid achievement in the scholastic world, he should give himself more time for physical exercises.

MR. G. R. BLANCO-WHITE.

By D. T. Elliott, of London.

This gentleman is a son of a London solicitor. He was educated at Colet Court and at St. Paul's School, where he gained a senior school's scholarship and Keen's exhibition. He is a major scholar of Trinity College, is in his sec-

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ond year of residence and is a Perry exhibitioner. He won the Barnes (university) scholarship in 1903. This gentleman possesses quite a different type of mind and body to that of Mr. Eddington. He possesses a very strong physique, his powers of endurance are excellent, and his large, active brain is well supported by his robust constitution. He will wear well, and advancing years will give vigor to his mental powers and enable him to take a foremost position in life. He possesses a broad, comprehensive mind, a considerable share of intellectual versatility, is ingenious, skillful, and resourceful, and will be in his element when unraveling some abstruse problem of a scien-



Photo by Stearn.

MR. G. R. BLANCO-WHITE, SECOND WRANGLER.

tific nature. All the perceptive faculties are very large and active, which give him a capital memory, mental promptness and close observing power. Intellectually he will be noted for his mental readiness, his strong verbal memory, critical acumen, and power to impart his knowledge in a bright, interesting manner. He has considerable energy, sprightliness and self-reliance; he is never afraid of hard work, in fact, it agrees with him, for he has a strong character, considerable executive power and is vivacious in disposition. We attribute his recent success to his large perceptive faculties, strong verbal memory and his mental comprehensiveness, as indicated by the breadth of the anterior part of the head. He is sharp and quick at his work and arrives at a decision promptly. He is very much alive to his surroundings, very little escapes his notice, and he will manifest special ability in utilizing his facts for practical purposes. Behind his mental activity there is a good degree of calmness, decisiveness, and self-control, which enables him to weigh the pros and cons of any subject brought before his notice and to give an impartial judgment upon the same. Such a type of mind is especially adapted for a barrister; in such a profession he will excel, for he has all those mental powers in a strong degree which gives a careful judicial mind.

The social side of his nature is well represented, and he will enter heartily into the social affairs of life, and prove to be a capital friend and an enthusiastic worker.

PROFESSOR R. H. OLDFIELD.

By J. A. Fowler.

Some persons look robust, and are pictures of health, because they have a full supply of arterial circulation, are round and full in features, and know how to take life easily. Others, again, are tall and thin and possess a motive temperament, but have not any adipose tissue to spare. When they have the mental temperament added to their motive power, they exhibit considerable nervous energy and wiriness of constitution.

Mr. Oldfield possesses considerable mental vigor, and a fair amount of vital stamina, and a considerable degree of wiriness of constitution. He will wear out rather than rust out, and will die with his harness on rather than give up prematurely to weakness or fatigue. He comes from a stock that possessed a good deal of grit, and we believe that there was some Scotch ancestry to give him his toughness of organization. He, however, cannot afford to waste his strength in useless work or dissipation, and while dissipation to him will be the burning of the midnight oil to complete his work, yet this will be as harmful as though he spent his time in a social way among his friends.

His inclination to live up to an ideal life will incline him to expend his energy as fast as he generates it, but with care, judicious management of his time and with someone to attend to his interests, he should be able to economize his strength and build up his health.

Mentally speaking, he has a very sensitive mind, and takes after his mother in his quality and tone of organization. He hun-

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gers for refined and cultured society, but if that fails him, he knows how to secure entertainment from books.

He has a well-poised mind, and one day harmonizes with that of another. He is not passionate, demonstrative, or erratic in any way, but is calm, collected, sympathetic, and sincere. He is dead in earnest when applying moral truths to various walks in life, and will have a very distinct and beneficial influence over others, especially young life. There is something in his mental make-up that appeals to others along moral planes of thought. Thus he would be able to secure the best effort from young men whom other



ROBERT HAMMERSLEY OLDFIELD, PRINCIPAL OF HABRISMITH COLLEGE, S. AFRICA.

people would not be able to stimulate at all. This power comes from his actively developed Conscientiousness and Benevolence, for these faculties stimulate in him a belief that there is good in everyone, and the kernel of goodness only needs right soil for it to spring and produce good fruit. He also believes that favorable surroundings and the placing of a young man upon his honor will do more to call out honesty of thought and purpose than to make much of the weaknesses that one finds, or even to talk much about the tendency to evil. He steers for a right course, and makes for shore and arrives there when the current is deep. In other words, he believes in giving a boy right environments and of minimizing his faults and educating his virtues.

He is a man with large soul, if we may use the term Phrenologically and scientifically speaking. He is aggressive, and open to receive new ideas and examine modern improvements and up-to-date inventions; and, while he is thoroughly practical in working out his ideas, he nevertheless is fond of classical study, of high-class poetry, and of the finest selections of literature.

He is affable, gentlemanly, polite, deferential, respectful, courteous, and sympathetic even to a fault, but he is also executive, persevering, tenacious, and capable of working out problems of considerable moment.

He knows how to look into the deep problems of life; in fact, no topic of current interest passes his notice without his expressing some maturity of judgment concerning it. The elevation of his head indicates that he is religiously inclined, and that he will always draw others with him to consider the desirability of living as near to his Divine Master as possible. All the faculties in the moral group appear to be actively developed, and these will give him a distinct consciousness of right principle, keen sympathies for the needs of his fellow-men, spiritual faith and trust in immortality, and a reverence for his God and his workmanship.

His language is always suited to the occasion, whatever that may be, though he is not wordy, and does not weary his audience with unnecessary explanations. He comes right to the point that he wishes others to consider, and understands what he wants to say.

He is a man who can adapt himself to many circumstances and people, and while not over-demonstrative or effusive in his attentions, or in showing appreciation for strangers, yet he can make himself feel perfectly at home when traveling or when placed among those persons whom he has never seen before. This is a very estimable quality for a man to possess who is placed at the head of a large college, where he is obliged to constantly come in touch with new associations and mingle with constantly varying circumstances.

In short, he should be known for his moral and religious nature, his untiring industry, his power to get in touch with others, his gentlemanly bearing toward the aged, yet he is not only courteous toward the aged, but he is able to understand the young and tolerant toward different classes of society.

He has cultured tastes, and his aims and ambitions are of a high order. He is sure to influence the young in paths of sobriety, industry, and intellectual culture, and he will always prove to be an inspiration to those who need encouragement. He is in his right position in life.

(*Continued on page 304*)

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SOME MEN WHO KNOW THE GOOD PHRENOLOGY HAS DONE.

Dr. F. J. Gall.
Dr. J. G. Spurzheim.
Andrew Carmichael, Surgeon.
Hon. D. G. Hallyburton, M.P.
M. Bouilland, Professor of Clinical Medicine.
Richard D. Evanson, M.D., Professor of Physiology, R.C.S., Dublin.
John Abernethey, Surgeon.
Whitelaw Ainslie, M.D.
John Anderson, M.D.
Disney Alexander, M.D.
Edward Barlow, M.D.
W. A. F. Browne, Surgeon.
John Butter, M.D.
Charles Caldwell, M.D.
G. D. Cameron, M.D.
John Elliotson, M.D., F.R.S., and F.R.C.P.
Robert Hunter, M.D., Professor of Anatomy, University, Glasgow.
John Epps, M.D.
F. F. Travel, M.D.
Jean Fossati, M.D., Paris.
George Gardner, Surgeon.
William Gregory, M.D.
Andrew Combe, M.D.
C. Hoppe, M.D., of Copenhagen.
J. Houston, M.D.
James Inglis, M.D.
J. L. Levison, Surgeon.
Robert Macnish, M.D.
J. J. Nicol, Surgeon.
Daniel Noble, Surgeon.
Francis Farquharson, M.D.
G. M. Paterson, M.D.
Richard Poole, M.D.
A. A. Poyer, M.D.
Thomas Sandwith, Surgeon.
N. B. Shurtleff, M.D.
Cordon Thompson, M.D.
John Barclay, M.D.
Thomas Hope, M.D.
George Combe.
James O'Beirne, M.D., Ed.
Rev. R. Buchanan.
Sir G. S. Mackenzie, Bart.
James Simpson, Advocate.
Ed. Milligan, M.D.
Thomas Rolph, Surgeon.
Thomas Stone, M.D.
J. B. Tupper, M.D.
Dr. W. F. Montgomery.
Dr. Wayte.
Casimer Broussais, M.D.
David Ferrier, M.D.
Dr. Joseph Vimont.
William Weir, M.D., Surgeon.
Richard Carmichael.
Henry Marsh, M.D.
James Shannon, President of Bacon College, Ky.
Archbishop Whately.
Prof. Benjamin Silliman.
Joseph Vimont, M.D., of Paris, Physician and Author.
Horace Mann.
Robert Chambers, of Chambers' Journal.
Rev. Thomas Chalmers, D.D.
Rev. P. M. Drew.
Hon. John Neal.
Dr. John W. Francis.
Dr. J. V. C. Smith.
Dr. McClintock.
John Scott, M.D., F.R.C.S.
Dr. John Bell.
Hon. Amos Deane.
Hon. S. S. Randall.
Herbert Spencer.
Prof. S. G. Morton.
Prof. S. G. Howe.
Prof. George Bush.
Rev. Orville Dewey.
Judge E. P. Hurlbut.
Hon. W. H. Seward.
Hon. Horace Greeley.
William C. Bryant.
Rev. John Pierpont.
Hon. Chauncey M. Depew.
Marconi.
Dr. Parkhurst.
Thomas A. Edison.
Andrew Carnegie.
Phil. D. Armour.
Dr. James L. Hughes.

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THE SCIENCE OF HEALTH

Notes and Comments.

By E. P. Miller, M.D.

OF MAKING MANY DRUGS THERE IS NO END.

For the last quarter of a century the manufacture of new medicines has increased at an enormous rate. In 1904 probably more new remedies will be brought out than in any year in the history of the world. Every day almost every physician has from one to three druggist circulars sent to him in packages giving the composition of new drugs they are bringing out, with full information as to their use. These new drugs are designed to supplant old ones.

As a specimen of those sent me today, we find the following, all from one drug house:

Probilin pills, empyroform, glycerophosphates, sevulose, orphol, endermol, exodin, collargolum, crede, urotropin, antroclerosin, beta-encain.

Each of these drugs is highly recommended for some of the many diseases with which human beings are afflicted. There are many millions of combinations of drugs that are used for the cure of disease, yet the most scientific physicians in the country assert that no drugs cure disease. The drugs may remove obstructions, but it is nature that cures. The power to heal disease is in the blood and not in the drugs.

At Zion City, in Illinois, there are between eight and ten thousand people who never take drugs or medicines of any kind, and there is not one in fifty on the sick list. It is the opinion of many thousands of the best-educated physicians that if there were not a drug store or cigar store or tobacco store in the world, the human race would be the better for it. More people are killed by drugs than die for want of them.

FOOD VALUE OF FRUITS AND NUTS.

Professor Jaffa, at the University of California, in co-operation with the United States Department of Agriculture, has carried on a number of experiments recently for the purpose of ascertaining the nutritive value of fruits and nuts when used as an integral part of the diet. In the report of the experiments made they say:

"Although it is undoubtedly advisable to wait until more data have been gathered before making definite statements regarding the digestibility of different fruits and nuts, enough work has been done to show that they are quite thoroughly digestive and have a much higher nutritive value than is popularly attributed to them. In view of this, it is certainly an error to consider nuts merely as an accessory to an already heavy meal and to regard fruit merely as something of value for its pleasant flavor or for its hygienic or medicinal virtues.

As shown by their composition and digestibility, both fruit and nuts can be favorably compared with other and more common foods. As sources of carbo-hydrates, fruits at ordinary prices are not expensive; and as sources of protein and fat, nuts at usual prices are reasonable foods."

Science is thus clearly demonstrating the fact that fruits and nuts, with the cereals, are the natural food for

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man. God told the first man and woman he created just what foods they should eat. (See Genesis i. 29.)

The Lord God told the first man he created what he should eat for food. (See Genesis, ii., 16-17.)

BOTH RHYME AND REASON.

If you would take a job that's risky, by all means keep away from whisky. If you from danger points would steer, be sure and keep away from beer. Whenever you take a drink of gin, you swallow down a dose of sin. When tempted to a glass of rum, remember that it rhymes with bum. Wherever there's a glass of brandy, be sure you'll find the devil handy. He also hands you out his card, whene'er your cider waxes hard. Rural New Yorker, January 20th.

HORN OF PLENTY.—A whisky manufacturer had among his brands one called the "Horn of Plenty," on which a temperance poet wrote the following lines:

"Plenty of poverty, plenty of pain,
Plenty of sorrow, plenty of shame,
Plenty of broken hearts, hopes doomed and sealed,
Plenty of graves for the potter's field."

HEALTH ADVICE FROM A BILLIONAIRE.

Only about four years ago it was reported that John D. Rockefeller was a physical wreck. A newspaper reporter recently obtained from that gentleman the following in regard to his health at the present time:

"My health! Thank you, I was never better in my life," he said. "I have discovered the best prescription for good health is outdoor exercise and eating slowly. Be regular in everything, but above all things, eat slowly.

"If I have only fifteen minutes to eat a luncheon I will eat four or five mouthfuls in that time and carry away a mouthful with me. Four mouthfuls slowly eaten is far better than a hearty meal consumed in haste. It takes a person a long time to appreciate this fully, but the sooner they do it the better it will be for their health. I find that when I play golf a lot and keep out of doors I both eat and sleep better."

The above is most excellent advice for anyone suffering from any chronic ailment. One great trouble with Americans is they eat too fast and eat too much. All of the cereals and nearly all vegetables contain more or less starch and cane sugar. To digest these properly requires an alkaline digestive fluid, which is secreted by the salivary glands of the mouth, and in order to have a sufficient amount of saliva mixed with such food, thorough mastication is required. Every bit of starch food, or sugar, should be substantially in a state of solution and thoroughly mixed with saliva before it is swallowed. If you have a full set of molar teeth this may be secured in a minute or two, but with poor teeth two or three times that length of time may be required. Those who have good teeth and thoroughly masticate their food usually do not require or consume much more than half the quantity of food that those do who have poor teeth.

The reason that people who have good health and eat slowly require less food than those who eat fast is that their food is more perfectly digested and assimilated. All food that is eaten and not properly digested and assimilated has to be excreted like a foreign substance, and the excreting organs are thus overburdened and broken down.

"After I've had a quart of good beer," said one man, "I feel as if I could knock a house down."

"That may be," said his friend, "but since I've been teetotal I've knocked two houses up."

It benefits trade a good deal more to knock houses up than down, unless it be the publican's. If that were knocked down numbers of other houses would be knocked up.

Teetotalism pays the tradesman.

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WE EAT TOO MUCH SUGAR.

The consumption of sugar by the people of the United States has become simply enormous. The increase since 1830 has been rapid from year to year. In 1830 it was 12.1 pounds per capita. In 1850, 23.1 pounds. In 1860, 30.5 pounds. In 1870, 35.3 pounds. In 1880, 42.9 pounds. In 1890, 52.8 pounds. In 1900, 65.2 pounds, while in 1903, it was 71.1 pounds. It will probably be 73 pounds in 1904.

Sugar is an artificial article of food. It can be manufactured from nearly all food products. Its production is most profitable from sugar-cane, sugar-beets, sorghum, and sugar-maple. Sweet potatoes will soon be utilized as a sugar plant. It can be extracted from nearly all kinds of fruits, vegetables, and cereals.

The cost per pound in foreign countries varies from year to year. In 1830 it was 5.35 cents per pound; in 1850, 3.46 cents; in 1860, 4.58 cents; in 1873, 5.35 cents. Since that, it has gradually declined in price in foreign markets, until in 1903 it was only 1.71 cents per pound.

The wholesale price of granulated sugar in New York in 1870 was 13.51 cents per pound. In 1890 it was 6.27 cents per pound. In 1903 it was only 4.64 cents per pound at wholesale. In 1903 the United States imported 4,216,108,106 pounds of sugar, which cost $72,088,973. This does not inclinclude what came from Hawaii and Porto Rico. The quantity imported from Cuba in 1903 was 2,395,927,770 pounds, valued at $42,697,546. It will thus be seen that more than half of the sugar imported comes from Cuba. If the present tariff on Cuban sugar is maintained, it will in a short time ruin the manufacture of sugar in this country. Cuba has the soil and climate that can produce every pound of sugar this country consumes. They have perpetual summer there, and can produce two crops a year. The sugar-cane, once planted on that island, will continue to grow for twenty years and produce two crops a year. In the Southern States it has to be replanted every two or three years, and produces only one crop a year. Sugar can be made in Cuba at 1 cent a pound and give a good profit to the producer, while it costs over two cents a pound to raise it in the United States. The Sugar Trust has control of Cuba and has a complete monopoly of the business. The largest and most important sugar plantation in Cuba has been purchased by Americans.

To be continued.

IS THE STOMACH A CEMETERY?

The only sure way to prevent colds is to live above them. People do not catch cold unless they are living upon a low plane physically, and inviting disease by careless habits. The day after Christmas is a time when people are very likely to take cold. It is the turkey that has been buried in their stomachs getting even with them. When one makes a cemetery of his stomach, he cannot expect his body to be in the best possible condition for defense against disease.

A short time ago a young man who was anticipating the enjoyment of what he thought to be the fat leg of a chicken, found when he got to the middle of it that he had reached the bone, instead of putting his teeth into the tender flesh. He found out that it was a very thin leg with a very thick bone—a tuberculous joint. But he had eaten all the meat off that bone before he made the discovery that it was the flesh of a tuberculous chicken.—Good Health.

EXERCISES FOR SEPTEMBER.

THE MENTAL TEMPERAMENT.

The exercises given in this number are for ladies who possess the Mental Temperament. By the latter is meant a predominance of brain and nervous power over bodily strength and vitality,

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and the exercise to counteract this is to increase one's circulation, tone up the muscles and nerves of the stomach, and increase all the vital organs. We cannot give exercise that will do all of this completely.

A young lady who weighs 132 pounds; height, 5 feet 4 inches; age, 34; circumference of head, 22½ inches; height of head, 14¾, and length of head, 14½, should take the following exercises:

Position.—Clasp the hands behind the head, press the elbows outward, take a deep breath from the lower part of the lungs, inhale through the nostrils and slightly part the lips. (2) Empty the lungs. (3) (4), Repeat. Place hands on hips, or hips firm. (5) Bend elbows forward. (6) Bend them as far back as possible. Repeat (7) (8), and in the last movement, where the elbows are brought back, the chest should be brought prominently forward (8).

For strengthening the diaphragm and muscles and nerves of the stomach, place hands on hips and bend forward from the waist (9), rise (10), repeat (11) and (12). Repeat three times, or until thirty-six counts are reached. Walk ten minutes every morning and ten minutes every night with hands locked behind at the waist, breathing deeply but easily, and it will be found that this exercise will greatly increase the circulation of the body and draw the heat away from the brain, especially before going to rest.

After an interval of two minutes repeat the twelve movements again three times, making seventy-two counts including the former counts. With the walking exercise night and morning, these will be sufficient for this month without repeating those given in the August number.

The exercises for the next month will be arranged for the Vital-Motive Temperament.

A prize of a free Phrenological examination from photographs is offered to the one who sends us the best record of the time spent on these exercises by January 1, 1905. This should be sent to the Editor of Physical Exercise, Captain Jack McDonald, PHRENOLOGICAL JOURNAL, 24 E. 22d St., N. Y. City.

WHAT MAKES THE MAN.

What is it makes the man? Size? No! Then what is it? We frequently hear remarks about an individual as to his make-up, his bearing, etc., in the following manner:

What a fine looking man! Upon acquaintance, we are obliged to acknowledge it is only a fine physique that has attracted us, and the man seemingly an inhabitant of that body, is wanting, or lacking; for we discover weaknesses which surprise us. Why? The mental organs largely explain these weaknesses.

Many a man intends to be one in every sense of the word, but he fails to "know himself," and is at a loss, perhaps, to account for his failures.

Is it possible for a person to strengthen himself against these conditions? Yes, but in only one way—to realize the great responsibility God has put upon him, to make the most of himself. In order to do this, he must gain a knowledge of his mental faculties, and cultivate that which will cause him to become more perfect, mentally, physically, spiritually; for each one hinges on the other, and there cannot be real improvement in one, without the others sharing in the benefit.

Ignorance is often responsible for the many failures in life.

God furnishes light in various ways, but He has made us free-will agents to accept or reject it. *He only* reflects his Creator who avails himself of the resources put within his reach, to gain knowledge of his mental condition, and thus become more intelligent, realizing his capabilities and possibilities, and so reflects that image of God in whose likeness his was made.

Does the brute creation reflect this image? No, not as man does. It is only the superior faculties that bear any resemblance to the Divine mind of God. Man cannot attain unto it, but can reflect it if he will; and what can be higher in man than this reflection?

H. E. L.

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

EXECUTIVE AND FORCEFUL.

By UNCLE JOE.

No. 628.—Bernard Henry, London, England.—This little fellow is a "chip of the old block." He is come by right-



NO. 628. BERNARD HENRY, LONDON, ENG.

No. 1—Observation. No. 2—Constructiveness. No. 3—Ideality. No. 4—Mirthfulness. No. 5—Causality. No. 6.—Comparison. No. 7.—Firmness.

ful inheritance to possess a sturdy organization.

He has a large, full, round, head. His brain is active and his body is healthy, which is fortunate, for the child will use up all the vitality he can command in carrying out his mental activities. Look for a moment at his forehead. There is no lack of height or breadth where the crosses are placed; hence he will inquire into things, and will want to know, first of all, what mother is doing; then, as he takes an interest in school life, his inquiry will center on what his teacher can tell

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him, and finally, as he passes out into an individual career, he will show his activity of mind in a special line of work, profession or business. He is alive all over, and it is very hard to keep such a child quiet or within limits. It would be well for him to have a garden to play in, for four walls will not content him when he works off his energy. He will often say to his mother: "I have so much spirit to-day that I must run it off," and so he will run the length of the corridor, through the dining-room, around the kitchen and back, to do what he calls letting off the steam from his boiler. The boy will grow if he is kept active, and he will grow strong and vigorous by exercise: but if he is kept in a hot-house, he will grow up puny and delicate, and will become irritable and fretful; therefore his surroundings for the first six years of his life must be those of physical activity.

What he can learn through observing nature, examining what grows in the garden, woods, forests, and all about the song-birds, the rocks, soil, timber, etc., will be to his advantage. He need not be idle mentally if he is active physically; in fact, there are so many things that he can inform his mind about before he begins his regular studies, that these branches will increase his perceptive faculties, which are none too active when compared with his inquiring qualities. Weight, for instance, is an organ that will need to be cultivated. It is not sufficiently active at present to keep him well balanced on his feet all the time. He is liable to fall and run against things and tumble down, and will often fail to observe an object that is right in front of him because he is anxious to get something that is beyond him, which is more interesting for him to examine. He will learn much through personal experience and by physical culture, gymnastic exercises for the dumb-bells, etc. All these movements should be made interesting to him so as to attract his attention.

This little fellow has plenty of go in him as well as his whole share of will and determination of mind. It will be hard for him to acquiesce and "knuckle under" until he knows he has to, and until he realizes that those who have his interest at heart know more than he does about things. He is a boy who must be led rather than driven. If the latter plan is tried there will be trouble, but if he is influenced by means of persuasion, he will acquiesce readily and without feeling that he is humbling himself. He will need all the will power he has, but it must be trained and cultivated, otherwise it may stand in his way.

He is a symmpathetic little fellow, and will cry just as hard when he sees another little boy pinch his fingers in the crack of the door, or let a block of wood drop on his feet, or knock his head against the corner of the table, or fall downstairs, as though he had done these things himself.

He is a very ingenious child, and ought to be able to utilize his inventive skill to some good purpose, either in running a machine and becoming an engineer, or in organizing work where a new plan is called for every little while. It will be hard for him to stick to one thing for long at a time, but if he is taught to finish his work as he goes along he will make more progress in life than if he tries to accomplish a part of every new scheme that fills his mind.

His memory is excellent, and he will show it in relating to others what he has heard people say, or in repeating what he has heard, or in relating what he has seen in his travels.

He is full of fun, and will delight in cracking jokes, and will not mind so much as some if the joke comes back to him like the boomerang does to the aborigines. He will take jokes good-naturedly, and this is an excellent feature in a child. He must be allowed and encouraged to laugh off his mistakes and disappointments so that they need not weigh heavily upon him and make him unhappy.

He will make a ready speaker, and will add a great many anecdotes so as to make the hearers enjoy themselves

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and at the same time illustrate his serious remarks.

He will be in his element when he is driving a team, cracking a whip, or holding the reins. He had better have a motor-horse, so that he can keep his hands and legs going on an imaginary pony, if he has no opportunity of having a real one to ride.

Whoever helps him to dress will have to be quick about it, for he will not want to spend much time over his attire. He had had better have shoes to have elastic sides, so that the strings will not break or the buttons come off, and these will slip on easily.

He must get all the sleep he can in between his hours of play, for when he plays he will play very hard and will tire himself out before he knows it; yet he is sturdy, and with sleep he will be able to overcome his fatigue.

He must regulate his appetite in sensible ways, and should not eat between meals, as some children do; but when he is hungry just before dinner-time he must be given a glass of water, for this will often satisfy his hungry craving for the time being, and he will enjoy his food at the proper meal hour very much better than as if he eats all kinds of cakes, sweets and fruit at irregular times. Most children get out of order by being allowed to do this, but the consequences follow, and children are not wise enough to know what has caused them to suffer from colic or stomach-ache.

He will make an excellent orator, a clever engineer, or a successful, driving business man, where he can come in contact with many people and make shoals of friends.

ADDRESS BY THE HON. EDWARD LAUTERBACH, LL.D.

Delivered at the Forty-third Annual Commencement of the Eclectic Medical College of the City of New York, held at Carnegie Lyceum, Friday evening, May 13, 1904, and remarks on his photograph.



Photo by Rockwood.

THE HON. EDWARD LAUTERBACH, LL.D.

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HON. EDWARD LAUTERBACH, A MAN OF GREAT ENERGY, FORCE, AND EXECUTIVE POWER.

One morning when Miss Fowler was in Mr. Rockwood's studio, selecting some pictures for him to describe before the American Institute of Phrenology, he presented the picture of the Hon. Ed. Lauterbach, and without knowing whom the portrait represented, she made the following remarks:

"This gentleman is a man of indomitable energy. He is a born orator and agitator. He carries a combination of the Vital and Motive temperaments, and has a strong, executive head and face. The nose and ear betoken immense physical power and long life. He is a thorough man of business, and must enjoy a large amount of it. The more he has the better he likes it. He has force of mind, practical talent, shrewdness to see fifty years ahead, and eloquence to carry his points in an argument. When speaking his eye must kindle, and his whole mind be brought into play. It is interesting to note his heavy brow, his calculating ability, his practical, discerning eye, his breadth of head in the temples, giving him ingenious contrivance and ability to handle men and material. No task is too difficult for him to gauge or undertake. He is a man of force, and were he a lawyer, he would show his discriminative ability and power to analyze facts in a remarkable way."

After having seen Mr. Lauterbach, and heard his excellent address to the graduates of The Eclectic Medical College, a digest of which is given below through the courtesy of "The Eclectic Review," she has no cause to change her opinion concerning what she wrote of him in 1899. After the excellent appeal which Mr. Lauterbach made for the Eclectics, she hopes that he will some day in the near future stand on the platform of the American Institute of Phrenology and give the graduates a similar treat.

DIGEST OF ADDRESS.

Ladies and Gentlemen:

The broad and liberal spirit which characterizes Eclecticism has been manifested in my selection to address you, for, although it is customary to allot this task either to a physician or a clergyman, the faculty, realizing, perhaps, the exceptional excellence and moral rectitude of the present graduating class, felt that it would be safe to entrust the duty to a mere lawyer.

One of the reasons for accepting the honor was that owing to their unusual ability the members of the present graduating class will undoubtedly appear as experts for the plaintiff in railroad accidents, and as I may represent the defense, I want to see what manner of men and women are to perform what seems to have become one of the most lucrative and ready-to-hand functions of the up-to-date medical and surgical practitioner.

Possibly, as my introduction by your president would seem to indicate, the invitation was extended to me because of my very recent election to the Board of Regents of the University of the State.

In these days, happily, no member of that Board, now in the 120th year of its existence, need hesitate to greet and be welcomed by your independent powerful organization, composed of men competent to practice medicine, but insisting upon practicing it according to their own sense of right and with their own adaptation of the teachings of science, without being hedged about or limited by precedent, often faulty, frequently mischievous and certainly not in all cases absolutely reliable.

Twenty-five or thirty years ago, or before that period, an assembly such as this, called together to celebrate, incidentally at least, the remarkable progress of the Eclectic system of medicine and its grateful acceptance by the community, would not have received whatever encouragement the presence of any State official, even in his individual capacity, might give, since the attitude of the State, like that of other States, was hostile to the organization and maintenance of medical colleges other than those of the allopathic school.

The struggle of Thompson, of Beach, and other self-sacrificing men, with whose names you are more familiar than I, which culminated in about the year 1848—that remarkable year when the whole world seemed to revolutionize itself into a spirit of greater independence and freedom, akin to the spirit of '76—broke down the barriers which had been set up, preventing men of independent, yet scientific, thought from practicing medicine except in accordance with a system which had been brought down from the time of Hippocrates and Galen, and though modified, still embarrassed by the superstition of tradition.

The initial victories of your militant predecessors brought about great and favorable changes in public sentiment so that finally the legislature provided that regents' examinations for medical degrees should be held under the auspices of the University of the State of New York with privileges accorded equally to Allopaths, Homœopaths, and Eclectics.

Marvelous as has been the accomplishment of the present faculty of your college and its predecessors, sincere as are the congratulations, which are extended to them, earnest as is the hope for the development of the cause to which they are devoted, and encouraging as is the progress which has been made, there is yet one instrumentality left unrealized which in my judgment must be secured. Before the sphere of action of the Eclectic Medical College of the City of New

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York shall be as complete as its founders intended.

That requisite is an hospital to be managed and controlled as to its temporal and secular functions by a board of directors of laymen who believe in the beneficence of your system, and whose technical affairs shall be under the direction of a board of practitioners of the Eclectic school; its trained nurses to be educated along the lines of your distinctive methods; the operations at whose clinics are to be performed by your professors, and above all whose doors shall be wide open to the matriculates and graduates of your college, so as to afford to them the same opportunities which present themselves to the students of other colleges.

Actual hospital practice has become an essential factor in a fully developed, well-rounded course of medical and surgical technical training.

You have approximated this desideratum in the establishment of a well-managed dispensary, but the rapid evolution which has marked your career will reach its culmination when an Eclectic hospital shall have been created.

May we not say the flattering unction to our souls that before long Eclecticism will rear for its adherents a temple of this nature consecrated to the holiest of purposes, the amelioration of the sufferings of the afflicted?

To you graduates I have but few suggestions to make. The difficulties which will beset you in your vocation, the arduousness of the profession which you have embraced are known to you.

The principles of honor, of devotion to the interests of your patients, of the necessity of great self-sacrifice have been so fully set forth this evening and during your collegiate career that it would be a work of supererogation to emphasize them now.

I do bespeak, however, for the inculcation and the development of a spirit of co-operation among those with whom you have been associated, and with those who maintain the professional methods which you have deemed fit to adopt.

APPENDICITIS.

No less than four monthlies have called our attention to the subject of appendicitis, and as one writer truly says, "it is almost impossible to read a daily newspaper without coming across a notice that some well-known person has undergone an operation for appendicitis; in fact, appendicitis seems to have become a society complaint, for it is seldom that the working classes suffer from this disease." It is found chiefly in persons with sedentary habits, while it seldom troubles persons who are compelled to earn their living by manual labor. A few of the ideas expressed by various writers appear to us perfectly pertinent and helpful to those who may not have looked into the subject as fully as have the writers, who are Dr. Terry, Surgeon-General of the National Guard of New York; Dr. Robin, of Paris, who has an international reputation; Dr. Herbert A. Parkyn, Medical Superintendent of the Chicago School of Psychology and editor of "Suggestion"; and Dr. Robert Henry Burton, of Los Angeles, Cal.

Dr. Parkyn says, "One of the chief causes for appendicitis given by medical writers is chronic constipation. That ninety-nine cases of chronic constipation out of every hundred are the result of persons habitually drinking too little, and the quickest and most effective way to overcome chronic constipation and banish it permanently is to drink eight or ten glassfuls of water every day." . . . "Persons who earn their living by physical labor usually perspire freely, and, in consequence, drink freely; and it is for this reason that appendicitis so seldom develops in the active working class." This doctor believes that the free and copious use of water will prevent the need of operations. He says "the first, last and only cause of appendicitis is insufficient drinking of liquids." . . . "I have been called upon to treat many cases of chronic appendicitis, and have had no difficulty in relieving every patient permanently within a few days after the proper water-drinking habit was established; in fact, in acute and chronic appendicitis, water-drinking would be found almost a specific cure, except when suppuration has occurred, and operative measures are imperative."

Dr. Terry, in "The Public Journal," states that his method of curing this malady consisted of at first giving cathartic doses of castor oil with olive oil, followed with hot water, until the bowels are thoroughly moved. This he followed by giving olive oil and glycerine, and flaxseed poultices soaked in olive oil, applied to the abdomen. In forty-four cases out of fifty, which were treated by him personally, no operation was necessary."

Dr. Robin, in a recent issue of the Paris "Herald," and commented upon in "Health Culture," says that since Princess Mary of Hanover succumbed to it, several persons, prominent in English, German and French society have undergone an operation, and that in each case the disease has claimed them as its victims. The death of each

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was attributed to the fact that the operation was performed too late." He says: "This form of reason is accepted by surgeons, physicians, and the public, and the only argument that went against it is, that it may be found in a comparison of the number of deaths from appendicitis 'without operation, and those from apendicitis 'with operation,' the proportion of deaths being ten times greater in the second case than the first." He goes on to say: "The French army statistics recently placed before the Academy of Medicine demonstrate that the mortality is far higher for cases of appendicitis treated surgically than for cases treated medically.

"It must be distinctly stated—because it is the opinion of a large number of medical men who are merely practitioners unaffiliated with 'official' medical circles—that the medical treatment of appendicitis is less dangerous than operations. It is time to raise a protest against these operations—imposed ex-cathedra, which really constitute nothing but a 'fashionable treatment.' Many medical men who have had to resort to operations only in exceptional cases, possessed statistics of cures which surgery is incapable of furnishing. The treatment they employ is extremely simple. Directly an appendicular crisis commences, they administer a mild purge (castor oil, for instance), instead of giving opium and thus stopping the action of the intestine. The intestine must afterward be thoroughly washed out."

"It is therefore imperative," Dr. Robin says, "to utter a warning against these discriminate operations, and to inform the public that—whatever may be said to the contrary—there is a medical treatment for appendicitis which gives better results than the surgical treatment."

As "an ounce of prevention is worth a pound of cure," and, further, as so many believe in the immediate use of the knife, it may be well for our readers to apply the prevention treatment, especially where sedentary habits prevail, and thus avoid this malady. A free discussion on all sides of the question is necessary in these days when so many persons are attacked by this disease. We wish our readers would forward their experiences, and the experiences of their friends, who have had appendicitis, and who have been cured with or without an operation.

DR. CARLETON SIMON SAYS ELECTRICITY WILL BE THE NERVE FOOD OF THE FUTURE, ACTING AS RAPIDLY AS POSSIBLE.

That electricity will be the brain and nerve restorative of the future in cases of what he calls "electrical hysteria" and "electrical chorea," and that it will act with all the rapidity and with more lasting effect than alcoholic stimulants, were the novel points made by Dr. Carleton Simon in an address before the Society for Universal Research.

"Electrical hysteria and electrical chorea, the direct result of the frequent contact with electrical apparatus and the drawing of nerve energy from centers through the extremities," said Dr. Simon, "are two phases of nerve disorders that have come under my observation. They are produced by a semi-paralysis of the nerve cells so that they cannot vibrate together and thereby produce or convey sensation.

"From the presence of nerve disorders among electrical engineers and experimenters I was led to investigate for a special form of disorder. I have found that the diseases mentioned have wrecked the health of four eminent experimenters now under my care.

"The first symptoms of the new diseases are insomnia and loss of memory. Later comes total inability to think and general apathy.

"The displacement of cellulous matter of the nerve can be accomplished easily by electrical reaction, for the neurous, or the essential nerve cells, are readily separated by electricity. It is the tapping of one cell upon another that produces sensation and passes thoughts from the brain to the body and sensations from the body to the brain.

"When separated by electricity, as in electrical hysteria and electrical chorea, all sensation ceases, and there is a partial paralysis of the system, including the shutting off of food from the nerves. Now, through experiments in my laboratory, I have discovered that these cells can be manipulated by electricity and forced to resume their functions. The effect has been as quick as that of a glass of whisky. Only the electric fluid is actual food to the nerves."

Difficulty is only a word indicating the degree of strength requisite for accomplishing particular objects; a mere notice of the necessity for exertion.—Samuel Warren.

Not the brilliancy of success, but the purity of our endeavors and faithful perseverance in duty, even when the result was scarcely visible, will decide as to the value of a man's life.—Von Moltke.

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THE

Phrenological Journal

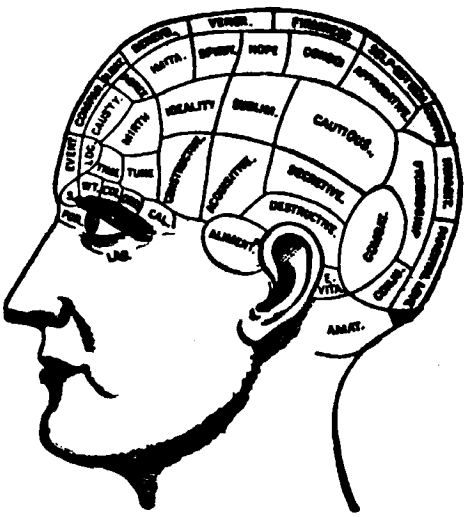
AND SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

Phrenological Magazine

(1880)



NEW YORK AND LONDON, SEPTEMBER, 1904

To be able to recognize capable and trustworthy men is one of the most valuable gifts which rulers can possess.—DEAN FARRAR.

Phrenology helps you to do this.

SEPTEMBER.

The golden days of all the year
Give promise of the harvest near.
The orchard, vineyard, smiling field,
Now all their varied treasures yield.

The harvesters, the huskers, soon
Will dance beneath the harvest moon;
And merry make with song and play.
The barn well filled with new-mown hay.

The garden, meadow, now are gay
With autumn tints in bright array,
And nuts come rustling down at will;
The squirrels leap their stores to fill.

The richest days of all the year,
The days of reaping now are near.
The full-grown seed through God's own care
Will garnered be for winter bare.

Sarah E. Baker.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

This is the period of the year when many inquirers should make a special effort to attend the Course just opening at the American Institute of Phrenology. The Course is specially arranged at this time of the year to suit the convenience of those who have other plans later in the fall. We believe that many who have been trying to arrange to visit New York for the last few years will be able to do so now. No one should let this opportunity pass who can possibly make it convenient to be present. There are new proofs and evidences constantly coming to light in the scientific, experimental, and clinical departments of thought that invite the interest of students of Human Culture, Human Improvement, and Human Progress, and these are presented to the class in a practical manner.

BRAIN OF FREDERICK BOCK.

Frederick Bock sent a bullet through his brain, according to the description, in the region of Ideality on one side,

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and the organ of Color on the other hemisphere.

The report on his recovery by Supt. Talbot is as follows:

"The fact that Bock has surprised us all by his improvement, and by his retaining his mental powers and his eyesight can only be attributed to the remarkable fact that the bullet just barely grazed the parts of the brain which control the mental faculties, and just escaped the optic nerve. How it did so is a wonder."

UNKNOWN PART OF BRAIN.

The part of the brain through which the bullet directly passed, say the doctors, is the region whose exact functions have not yet been definitely traced by science. While the mental region and the sight and hearing is located there, there is a part of the frontal lobe which has not been satisfactorily explained.

Since Bock has escaped with no noticeable bad results the surgeons are wondering just what specific part in the economy of the human system this region plays. As the nervous system, as well as the mental, is controlled from the frontal lobe, it seems, say the doctors, strange that Bock shows no traces of acute nervousness. A faint suggestion of a difference in the injured man was mentioned by the attempted suicide's wife, who brought him a bouquet of flowers. Before he was shot Bock was passionately fond of flowers, he loved them more than anything else, and seemed to delight in their beauty.

Now he does not even notice them.

This fact has given rise to the supposition that the bullet may have destroyed the injured man's sense of beauty. That the bullet has penetrated the functions which controls that sixth sense, as some psychologists term it—æstheticism—is a debated question. If this can be ascertained an interesting fact in psycho-pathology will be established.

It may be that the varied shades and subtle mental characteristics may have their functions here.

In the meantime Bock lies in his cot with his head resting on an ordinary pillow and making rapid strides toward complete recovery. When he walks out of the hospital in the possession of all his faculties he will be regarded as the most remarkable patient ever treated in the institution. Had the wound been a little to the rear Bock would never have walked from the hospital, as the functions of motion controlling the leg and arm would have been destroyed.

As it is, the bullet in its mysterious path through the man's brain has left it, so far as can be ascertained, "as good as before," and the astounding and remarkable recovery of a man with a quarter of an inch bullet-hole clear through his brain will cause Bock's name to be handed down in the history of wonderful and unprecedented surgical cases.

From the description and diagram of the wound in the "Evening World," August 6th, we judge that the Psychological Centres that were injured were the organ of Color on the right hemisphere and the organ of Ideality on the other side of the brain. We hope to see and examine the wound for ourselves. Certainly this accident must point to the localization of cerebral functions.

THE LATE LAWRENCE HUTTON.

Author, Essayist, and Critic.

We regret to record the death of the celebrated Lawrence Hutton, who died

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on June 10th, at Princeton, N. J., at the age of sixty-one years. It will be remembered that this able gentleman made a collection of death-masks of famous men and women, which was said to be the finest and most remarkable private collection in the world, which he donated to Princeton University. He began collecting death-masks of established authenticity and peculiar historical significance over forty years ago. An interesting account was published June 11th in the "Sun," which states how, in the early '60's, he began to take an interest in death-masks by seeing one of Franklin. The interest deepened into a profession, until his collection, which he presented to Princeton University, possessed more than seventy masks, among which are Napoleon, Washington, Lincoln, Thackeray, Daniel Webster, Queen Elizabeth, Dean Swift, Coleridge, Lawrence Sterne, Keats, Prof. Richard Owen, Richard Brinsley Sheridan, Sir Isaac Newton, Dion Boucicault, John McCullough, Barrett, Mary Queen of Scotts, Henry Clay, John C. Calhoun, Edmund Burke, Sir Thomas Moore, Oliver Cromwell, Aaron Burr, Edmund Kean, David Garrick, Frederick the Great, Robespierre, Murat, Mirabeau, Beethoven, Mendelssohn, Haydn, Wordsworth, Charles II., Napoleon III., Goethe, Luther, Dante, Franklin, Edwin Booth, Pope Pius IX., Sir Walter Scott, Tasso, Mrs. Siddons, Louise of Prussia, Schiller, Curan, Disraeli, Count Cavour, Tom Paine, Lord Palmerston, besides the death-masks of many noted men of recent years. Mr. Hutton was a graduate of Yale, and received his degree of A.M. in 1892, and from Princeton in 1897. Mr. Hutton took up journalism after he left college, and later became the literary editor of "Harper's Magazine." He was also the University Lecturer on English literature in Princeton. He was a member of the Authors' Club, Players' Club, and a Princeton Club of New York. He wrote in all about fifty books.

He was known to Fowler & Wells Co., from whom he secured the masks of many distinguished men in his collection, which may be seen at the Museum of the American Institute of Phrenology, 24 E. 22d St., New York City. He was a firm believer in Phrenology.

THE LATE REV. LUCIUS HOLMES.

One of the Oldest Subscribers to the PHRENOLOGICAL JOURNAL.



REV. L. HOLMES.

One of Webster's oldest and most respected residents, Rev. Lucius Holmes, passed away on May 20th, we regret to state. He was a life-long subscriber to the PHRENOLOGICAL JOURNAL AND SCIENCE OF HEALTH, and until the last few years was quite a frequent contributor. He was a speaker of marked ability and power. He was first a Baptist, then a Universalist minister, and his ministry was attended by grati-

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fying success, and the fruit of his well-directed and consecrated labor still remains. His sermons were logical and often profound, but always had a definite aim and purpose, and abounded in pertinent illustrations of practical truth.

The Rev. E. W. Preble, writing in the "Universalist Leader," says, "He was one of the brightest and wittiest of men I ever knew, and his keen sense of humor bubbled up like a spring, and gave a peculiar charm to his conversation, and a refreshing flavor to his pulpit addresses." He was universally beloved wherever he preached. He often lectured upon his ever-favorite science of Phrenology, and gathered quite a collection of skulls, and James Sawyer, an excellent nature-artist, painted him admirable illustrations.

"THE SANCTIFIED SALOON."

We think the writer of an editorial in the "Tribune" of August 3d went out of his way to congratulate a celebrated and well-known bishop for opening the Subway Saloon, and thinks that "all should give him credit for the courage of his convictions, and the purity of his motives." We think a good many men who show an error of judgment, could be thanked on the same ground, even if their acts are not sustained by righteous judgment, but is not this rather doubtful logic?

Many prominent speakers and writers have expressed opinions on the question of the opening of the Subway Tavern. We think Commander Booth-Tucker has expressed common-sense principles when he said on August 6th:

"It is sometimes necessary to choose the less of two evils where liquor must be sold. The Gothenburg system, which does not allow more than five per cent. profit to dealers, the rest to go to alleviate the suffering caused by drink, is the less of the evils.

"This system recognizes the sale of liquor as an evil, and it seeks to control it. I should think that a sanctified saloon would attract a great many people to go into it who otherwise might not go in. I use the term 'sanctified saloon' because there is no other which so expresses the idea."

The commander was very much surprised when told that beer was sold at the soda-water counter to accommodate women customers.

"Women?" he repeated in surprise. "It is a great pity. In the United States drinking by women is secret. The condition in this respect in England is open and cruel. Anything that makes it easier for a woman to drink is a bad affair.

"It is true that you have sometimes to choose between evils rather than between 'goods,' but it looks to me from what I have heard that the evil in the sanctified saloon would far exceed any possible good. It looks to me as though the harm to come from such a place would be greater than the good.

"There are four features of the liquor question—first, free liquor, or unlimited sales; second, high license; third, the Gothenburg system, and last, teetotalism."

After the service on Aug. 7th, Mr. Morgan was asked his opinion on the opening of the Subway Tavern. He said in part, "I think Bishop Potter meant well, but his act was bad.

"I cannot undertake to pass judgment on another man's motives, and, moreover, I do not know Bishop Potter. I am quite sure, however, that he feels

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that he is in the right, that he is entirely sincere and that, from his own standpoint, his motives are good. But while I shall not venture to pronounce judgment on Bishop Potter nor condemn his motives, I do not hesitate to express my opinion as to the merits of the thing that was actually done. It is to me the most inexplicable thing I have ever heard of that such a seal of approval should be put upon the most damning traffic in the world. As I view it, it was absolutely unprecedented as an expression of the attitude of the Church. Without undertaking to impugn motives, the thing itself appears to me notoriously and awfully bad."

Bishop Spellmeyer, of Cincinnati, recently said in part:

"The dedication of a saloon by Bishop Potter indicates an eccentricity of moral judgment, but it will give encouragement to the evildoer. The Church has neither hymns nor prayers for such services. Young men should not have been given the opportunity of quoting the example of a bishop and saying in defence of their own perilous habits that a place blessed by his words cannot be dangerous ground for them. Evil is to be abhorred, attacked, overcome, and exterminated, never encouraged. Sin of every sort is generally content when unmolested, for its nature is progressive and works ruin without help. When good men, therefore, wink at sin or give it silent approval or perform acts which are interpreted by the evil-minded as countenancing its existence; they who find pleasure or profit in sin rejoice greatly. It is so much additional unexpected impetus and inspiration. Sin at once becomes more bold and defiant."

Dr. E. P. Miller and others have written us similarly on the subject.

The influence of alcohol on the delicate tissues of the brain makes this a directly interesting subject for Phrenological readers.

REVIEWS.

Annual Report of the Department of the Interior, 1902. Washington: Government Printing Office. Vol. I. (Notice 4). See April PHRENOLOGICAL JOURNAL.

The measurement and test of the eyes, ears, etc., of children attending our public schools is interesting, but we wish a few more cranial measurements could be made —namely, the circumference of the head, the height of the head backward from the opening of the ear over the superior portion, and the length of the head taken from the glabella or brow to the occiput in the posterior portion, also the width of the head above the ears taken with calipers, the length of the head taken with calipers, from the base of the forehead to the occipital notch, the posterior angle taken over the opening of the ears to the crown of the head with calipers, the anterior angle taken from the opening of the ear to the upper portion of the forehead taken with calipers, the width of the head taken in the center of the ossification of the parietal bone, taken with the calipers. The frontal measurement taken from one ear around the brow to that of the other with a tape measure, the posterior measurement taken from one ear around the back of the head to the other ear with a tape measure, the width of the frontal bone at the outer angle of the eye, and the width of the upper portion of the forehead taken with calipers would prove to parents and teachers much that cannot be judged or decided upon by the methods now in use in the Laboratory work. Other interesting parts, such as Chapter II, "Franklin's Influence in American Education"; Chapter III, "The College-Bred Negro"; Chapter XIV, "More Women desired in College Faculties," by William R. Harper; Chapter XV, "Higher Education in France"; Chapter XXV, 'Higher Education in Great Britain and Ireland"; Chapter XXX, "Presidents of Colleges for Women," are among the points that we will mention hereafter.

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"The A. B. Z. of Our Own Nutrition." By Horace Fletcher, author of "Glutton or Epicure," etc. Experimentally assisted by Dr. Ernest Van Someren, M.R.C.S., L.R.C.P., of Venice, Italy, and Dr. Hubert Higgins, M.A., M.R.C.S., L.R.C.P., of Cambridge, England. New York: Frederick A. Stokes Co., Publishers. Price, $1.15, including postage.

The one great problem of to-day is, "Do we eat too much?" This book answers the question once more for us in a practical and scientific way. It also answers other vital questions such as, "What are our indiscretions?" "How can we avoid them?" and "what is the new discovery that will protect us, and at the same time add to the pleasures of the palate and of living?" The question is not so much one of economy to the purse, but economy of the energy, but with the economy of the latter comes the former as a matter of fact. The writer truly says, "Nature never intended that we should weaken, depress, and distress ourselves in the way that is common to present-day living."

This book has wisely sounded the alarm regarding man, human economy in nerve force, muscle strength, and brain energy, and has collaborated with several others facts which go to prove what has been done in the past, what is being done to-day, but what can be avoided in the future regarding the building up of our own bodies. He has found the way how not to eat too much while eating all that the appetite desires and in a way that leads to a maximum of good taste and at a minimum of cost and waste. The author also says, "It is necessary to test many persons of different physique and varying temperaments and also to test other methods of attainment of economy to learn what is best for general application, and that is what is being done at Yale." This is the point of view that we have been working along for many years, for Temperamental needs are at the bottom of every individual variation of diet, and to work out this problem on large averages is what we are in constant need of. The investigation at Yale is certainly a link in the chain of effort which has already developed in logical sequence and has been planned to effect a cure of the common ignorance and practice relative to right human nutrition in its relation to profitable thinking and doing; and to discourage the personal neglect which has been responsible for the existing ignorance." This book holds a very important place among scientific works on diet, and no library belonging to a rich or poor man can afford to be without it. The advice is so clear, so forceful, so practical that every person can benefit by reading its pages. We most highly recommend this and its fellow-book to the earnest attention of all who have not done themselves the honor of possessing them.

"The New Glutton or Epicure." By Horace Fletcher, author of "The A. B. Z. of Our Own Nutrition," etc. New York: Frederick A. Stokes Co. Price, $1.15, including postage.

This edition, which belongs to the A. B. C. Life Series, has been completely revised and much enlarged, thus making the book more valuable than before. The intention of the writer is to broaden the necessity of dietetic economy in the pursuit of an easy way to successful living, in a manner calculated to appeal to a variety of readers. The different opinions of several dietetic writers are given and form a highly interesting contribution to the work. The confirmation of high physiological authority certainly strengthens this endorsement. The collected evidence of laymen, as well as professionals, is also given, and through the wide experience of these distinguished men, the book secures an economic value.

One very true remark is made, namely, that milder gluttony is often brought about by mistaken hospitality through women pressing their friends to eat and drink more than they wish with the mistaken idea that they are doing them a kindness. No greater injustice can be worked upon people than to beg them to eat what they do not want, and we are glad that some women are broad enough to hygienically see the unwisdom of such a method. The excess of any food or drink is, as the writer says, most dangerous and far-reaching, because whatever the body had no need of at the moment, must be gotten rid of at the expense of much valuable energy taken away from brain service.

One of the specially new features of the author's discussion of "The New Glutton or Epicure," is an insistence upon a truly economic and æsthetic nutrition, and herein lifted out of the depths of a morbid prejudice to testify to the necessity of care in the manner of taking food for the maintenance of a respectable self-respect. Some of the chapters of this book of three hundred and twenty-eight pages, are as follows: "Experiments upon Human Nutrition," "Prof. Crittenden's Report on the Author," "'Varsity-Crew Exercises under Dr. Wm. G. Anderson, of University Gymnasium," "Dr. Kellog's Appreciation," "Extracts from Dr. Edward Hooker Dewey," "An Agreeable Endurance Test," "The Mind-Power Plant," "Author's Personal Experience," "Give the Babies a Chance," "Munching Parties, and the Chewing Fad," "Influence of Suggestion," among other valuable chapters. We consider that whoever reads this book will be the wiser in many respects, for not only are the opinions of the author fully explained, but a valuable testimony of many other health critics is given, and on this account we believe that the book has only to be known to be appreciated and widely read.

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TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent, and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

No. 756.—D. McL.—Cripple Creek, Col.—This young man's photo shows more than ordinary intelligence along certain lines, and if he gets into work that interests him, he will throw his ardor and enthusiasm into it. His head is broader in the front than it is at the base above the ears, hence while he may not set himself to work, or hunt out opportunities, he may, and probably will, succeed in those lines of effort where he has not to think all the time of how much commission he will get, or what he will receive for certain bargains. He will work better for another man than for himself, and in an independent line of business, which has not commercial interest at stake, he will succeed. Some outdoor, active work, like engineering, more especially civil engineering or electrical work, will suit him. He may not care for hard study, but he will be able to apply his knowledge in a practical way; thus his study may have to come later in life, when he is able to appreciate the benefit of technical study. In any electrical plant he will be excellent in attending to the laying of electric currents, and houses, large buildings, or streets. He could do typewriting and office work, but it will not suit him so well as some active calling. A wholesale business would also be interesting to him, but he will not do so well in the retail trade.

No. 757.—A. B.—New Jersey.—This lad has an individuality about him which marks him out as a boy who has to be understood to be appreciated. He is not like most lads, full under the eye, and communicative and entertaining in an off-hand way, but he needs special opportunities to call him out, and therefore will not be appreciated as much as those who can mingle in society and make themselves one of the company. He must cultivate more language and engage in small talk occasionally, so as to get in touch with people. He must control his Secretiveness and enlarge on his knowledge and experience, whatever these may have been. He has not sufficient language to succeed as an ordinary lawyer and plead before a court and jury, but he could succeed in some phases of law, such as a patent lawyer, for he is both mechanical and comparative, or he could straighten out business matters for other people quite well. In business he would succeed as a confidential secretary, or as a buyer, where he would have to use judgment, but where he would not be obliged to express his opinions too emphatically. He has large Firmness and Benevolence, hence he is persevering, and also sympathetic in understanding the wants of others. He must try and unlock his mind and continue his studies, so as to prepare himself for one of the callings we have suggested.

No. 758.—W. G.—Florence, Col.—This little child is bright and has a will of her own. She is sturdy, active, energetic, and possesses the vital-mental temperament. She will be on the go all day, and will develop into a fine woman. She will want to study, because her inquiring mind will push her forward, and she will not be easily contented in pursuing her studies in any slow method. Her memory is excellent, and she must store it well with facts. She will make a writer, and a teacher, and will make many friends wherever she is. She will be fond of fun, but she will not care for personal jokes. She will want to tease someone, and see the brightest side of life. She has a generous spirit, and it will not hurt her to cultivate her power to drive disappointments by having a little fun over them. Her influence will be felt wherever she is. She has a loving disposition and a very strong moral brain which will make her interested in doing right, for right's sake. She will make an excellent judge of character, and would be able to trim her own hats, and those of her dolls as well.

J. Williams, Wales—possesses an intensely earnest nature, strong sympathies, and a buoyant mind. He is very active, energetic, and alive to his surroundings; he will be fond of change and variety, and will interest himself in philanthropic work. He has a ready command of words, and is an interesting, intelligent companion. He is best adapted for an active life, or in some sphere where he can use his designing and constructing ability. He is not well adapted for a commercial career, he will have more scope for his originality and resourcefulness, in work where mechanical ability is required.

He has an inquiring mind, a good degree of critical acumen, and is intuitive in perception. With diligence and perseverance it will be easy for him to acquire knowledge. He needs more concentration, and he should make up his mind to complete what he commences.

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W. D. Evans, England—has an active temperament, an aspiring mind, and a practical intellect. He is a close observer of men and things, and critically surveys whatever is brought within the range of his observation; he is quick in thought and action, lively and alert to what is passing around him. He is a versatile man, and will interest himself in many things; he should conserve his mental energies, and cultivate his powers of concentration. He is very versatile, in some things quite an enthusiast, and he is apt to be somewhat too impetuous. He possesses good mental tools and with application it will not be difficult for him to acquire knowledge. He should devote his spare time to mental work, and make a specialty in one or two lines of study.

FIELD NOTES.

Prof. George Morris is lecturing at Portland Heights, Oregon, where he intends to make an extended stay. When visiting his brother at Deland, Mr. Morris gave one lecture in a logging camp; two were delivered in the Deland school-house, and one, for ladies only, in the parlor of Dr. Meserne, at Deland. All four lectures were a pleasure and profit to the lecturer and the audiences that assembled.

Prof. Levi Hummel has been lecturing during the summer at Clearfield, Indiana, and Jefferson Counties.

Prof. V. F. Cooper is now in Sandon, B. C., Canada, giving lectures and examinations.

Prof. Allen Haddock, editor of "Human Nature," San Francisco, practical Phrenologist, has engaged the co-operation and efficient help of Prof. George S. Dove to assist him in his evening classes and office work in Phrenology. Prof. Dove is a proficient reader of character and an able exponent of Phrenology.

On July 26th, the Rev. George Freeman, of London, gave a lecture at the rooms of the Young Men's Christian Association, 502 Fulton Street, Brooklyn. The subject of the lecture was, "The Utility of Phrenology." It proved to be a great success. The reverend gentleman possesses all the attributes of the orator. His articulation and pronunciation were perfect, and his periods as rounded as Cicero's. In a word, he possesses a personality that would command respect for any audience no matter how critical. But what is more than all these qualifications is his unbounded enthusiasm in regard to Phrenology. Would that there were more of his kind! The audience was deeply interested in the lecture, and from their remarks afterward, I was more than confirmed of their good opinion. The director of the Y.M.C.A. was surprised at the interest manifested by the audience, and in his remarks at the close of the lecture he did not hesitate to express himself to that effect. The director went on to say that as the audience showed such interest in the subject of Phrenology, he would ask the reverend lecturer to give another discourse that day week. To this expressed wish, which was seconded by the audience, the Rev. Mr. Freeman kindly acquiesced. In conclusion, I would say that the Rev. Mr. Freeman gave several delineations at the close of his lecture that were a cause of innocent amusement as well as a test of the grasp the lecturer had of the fundamental principles of Phrenology.

MR. ROBERT H. OLDFIELD.

(*Continued from page 285.*)

Mr. Robert Hammersley Oldfield is Principal of Harrismith College, Harrismith, Orange River County, South Africa, and has a large and extensive circle of friends in this town, also in Maritzburg and in the colony generally. We do not know of any work where he could combine the activity of his mental faculties to better account.

He was recently married to Miss Emily Crow, a young lady of considerable scholastic attainment, who, during the past few years, had worked up a large school of Physical Culture at the Y. M. C. A. in Maritzburg, and is a graduate of The Fowler Phrenological Institute, London.

She comes from an old and distinguished English family, while Mr. Oldfield's family is from Scotland.

NOTICE.

The first meeting of the American Institute of Phrenology will be held on September 7th. Friends must keep this date in remembrance.

BIBLE TEACHERS' TRAINING-SCHOOL

Justice Brewer, in his address at the closing exercises of the Bible Teachers' Training-School in New York, said that some people might think him out of place; but he thought if there were more Gospel on the bench and possibly more law in the

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pulpit it might be better for all. No nation, he went on to say, is better than its Sacred Book, for that embodies its highest ideals, and no nation rises above them. The more the Bible entered into our national life, the grander, purer and better would it become. But it was not enough that it should be in every man's hand; interest must be aroused; the Bible must be explained and illustrated, if it was to be a potent force. Everyone engaged in teaching the Bible was a true patriot, for, if the Bible's "teachings and precepts could be brought home to the people, the results would be greater than all the victories won in all the wars since the beginning of time."

During the year, 212 students have been enrolled in the school; 70 of these were residents. The students represented 19 States, 7 foreign countries, 15 distinct Christian bodies. The school has just secured a new home at Lexington Avenue and Forty-ninth Street, where hospitality can be extended to missionaries *en route* and Christian workers visiting New York.

PRIZE AWARDS.

The prize offer for the August contest has been awarded to William N. Cook, of Woonsocket, R. I., for the best description of the character of Frederick Devie, who gave himself up to an officer and confessed to the committing of a theft.

The judges wish to say that A. R., of Michigan, H. B., of New Castle, Pa., and J. Jackson, of Norwich, England, sent very good answers, and have been marked seventy-five per cent. for their replies, but Mr. Cook's logical reasons for the actions of the young man in question have placed him first on the list.

The prize offer is renewed by Captain Jack MacDonald, for the best record kept by any gentleman who has conscientiously worked out the exercises given by different Temperaments, the object being that each person recognizing what his temperament is should give his chief time to those exercises described for him, and a little time to the others.

The ladies will have a separate prize award. The prizes offered are a delineation of character from photos for each class of competitors.

We trust our readers will give us their opinions on the late Sir Edwin Arnold's chief characteristics, and thus compete for the September prize.

What characteristics did the boy Christopher McConnell show, which caused him to run away from his Morristown school? See August PHRENOLOGICAL JOURNAL.

The prize offer of a year's free subscription to the PHRENOLOGICAL JOURNAL for the best answer to the above query is held open until November.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY *will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.*

IF YOU USE A PSEUDONYM OR INITIALS, *write your full name and address also. Some correspondents forget to sign their names.*

J. Smith, Brooklyn.—It is a matter of inheritance more than anything else that causes one person to be beautiful in features and another to be less so. Beauty of form and beauty which shows itself from character are two different things, and the former does not depend upon the latter, in fact it is only exceptionally that these manifest themselves in one individual. We cannot account, then, for beauty of features through any mental trait, virtue, or grace of mind, but rather through those cosmic forces in nature that, through some law of affinity, reproduce themselves often in astonishing surroundings. Why does a delicate but beautiful flower sometimes grow on a barren rock? There is no accounting for such a thing, unless the seed has scattered and settled at a very favorable time. The chemical affinities of our natures are subject to peculiar attractions, which are not always to be caught, placed in a bottle, and labeled.

J. H.—You ask what makes one person's hair like gold and another's like coal. In reply we would refer you to the study of Temperaments, which accounts for many variations in color of hair, complexion, and eyes. The expression of the latter depends considerably on the development of Hope and Mirthfulness; if these faculties are large, the eyes will be animated and the expression bright. The curves of the mouth are also influenced by the faculties of the mind and the organs of the brain. Perhaps the readers of the PHRENOLOGICAL JOURNAL have some photos of persons known for their beauty that they would like to loan and forward them for the benefit of these correspondents.

J. Montgomery, Brooklyn.—You would evidently like to see some ladies of marked beauty, especially those known for great beauty of singing-voice. The pictures of Adelina Patti and Madame Cappiani have already appeared with others in these columns. Kindly refer to them.

P. L., St. Louis.—If you want your brain to work harmoniously you must keep up your physical stamina. Make a business of keeping well, and you will succeed in doing more mental work. Read "The Foundation of Living," "The A. B. Z. of Our Own Nutrition," "Lectures on Man," or "Japanese Physical Training by Japanese Methods." The Japanese women are said to be the strongest and the most cheerful members of

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their sex to be found anywhere. Mr. H. J. Hancock, who has studied gymnastics with their teachers and practised their movements, says that women in Japan exercise much in the same way as do Japanese men, and devote fully as much time to exercise. The result is that weakness among women is comparatively rare. It appears to us that you need some systematic training, and your brain will say, "Thank you."

NEWS AND NOTES.

JOHN BULL AMERICANIZED.

(From "The American Invaders," by an Englishman.)

In the domestic life we have got to this: The average man rises in the morning from his New England sheets, he shaves with Williams's soap and a Yankee safety razor, pulls on his Boston boots over his socks from North Carolina, fastens his Connecticut braces, slips his Waltham or Waterbury watch in his pocket, and sits down to breakfast. There he congratulates his wife on the way her Illinois straight-front corset sets off her Massachusetts blouse. Then he tackles his breakfast, and eats bread made from prairie flour (possibly doctored at the special establishments on the lakes), tinned oysters from Baltimore, and a little Kansas City bacon, while his wife plays with a slice of Chicago ox tongue. The children are given Quaker oats. At the same time he reads his morning paper printed by American machines on American paper with American ink, and possibly edited by a smart journalist from New York City.

He rushes out, catches the electric tram (New York) to Shepherd's Bush, where he gets in a Yankee elevator to take him on to the American-fitted electric railway to the city.

At his office, of course, everything is American. He sits on a Nebraskan swivel chair, before a Michigan roll-top desk, writes his letters on a Syracuse type-writer, signing them with a New York fountain pen and drying them with a blotting-sheet from New England. The letter copies are put away in files manufactured in Grand Rapids.

At lunch time he hastily swallows some cold roast beef that comes from the Mid-West cow, and flavors it with Pittsburg pickles, followed by a few Delaware tinned peaches, and then soothes his mind with a couple of Virginia cigarettes.

To follow his course all day would be wearisome. But when evening comes he seeks relaxation at the latest American musical comedy, drinks a cocktail or some California wine, and finishes up with a couple of "little liver pills" "made in America."

SENSE AND NONSENSE.

Experience is the most effective schoolmaster; although, as Jean Paul says, "the school-fees are somewhat heavy."
—G. H. Lewes.

Our ideals are framed, not according to the measure of our performances, but according to the measure of our thoughts.—A. J. Balfour.

The position of women is one of the surest tests of an advanced civilization.
—S. Laing.

All sorts of allowances are made for the illusions of youth, and none, or almost none, for the disenchantments of old age.—R. L. Stevenson.

A man is better employed in giving thanks that power to resist was vouchsafed to him, than in fretting over wicked impulses which come unsought and extort an unwilling hospitality from the weakness of our nature.—Anthony Hope.

Right action is true thought realized. Every fragment of right done is so much truth made visible.—Bishop Westcott.

A man's love is the measure of his fitness for good or bad company here or elsewhere.—O. W. Holmes.

Mrs. Woodby: "There's nothing like a college education to open the way to exclusive society. Since my son started to go to the university, he's got into the Four Hundred."

Mrs. McGinty: "My son's doing even better at college. He's on the nine."—Philadelphia "Press."

"Be sociable," urged the party man.

"I believe I will," said the young man, thoughtfully; "in fact, I am convinced that I ought to be."

"But you're putting on your coat."

"I know it. I'm going to be sociable with my wife this time."—Selected.

A JOKE, ANYHOW.

Friend—You call that a joke? You'll never be able to sell it.

Humorist—Well, in that case, it will be a joke on me.

Friend—I see; and, if you do sell it, it will be a joke on the editor.—Smart Set.

POETS AGAIN.

"Poets," remarked the Wise Guy, "are born."

"That's funny," said the Simple Mug. "I always thought they grew on trees."
—Talks and Tales.

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AGENTS WANTED for the PHRENOLOGICAL JOURNAL and our Book Publications, to whom liberal terms will be given.

CURRENT EXCHANGES.

"Human Nature"—San Francisco—contains a character sketch of Prof. Geo. S. Dove, by the editor. Mr. Haddock informs us that Mr. Dove is an old pupil of his and is to assist him in the future in his office. We congratulate Mr. Haddock on securing the services of so well organized and brainy a man. His temperament is one that will co-operate with that of Mr. Haddock's admirably.

"The Bookkeeper and Business Man's Magazine"—Detroit, Mich.—has a fine article on "The Administration of the St. Louis Fair," by the Hon. David R. Francis, whose portrait is the frontispiece of the magazine. Several articles of importance are distributed through the magazine, notably one by Dr. Wm. P. Wilson, upon "How to Make an Exhibit Pay," and is illustrated by a portrait of Leon M. Guerrero, Secretary of the Philippine Exposition Board.

"Health"—New York.—It is a paper that always has something of interest on the subject of health, and should be widely read.

"Review of Reviews"—New York—contains a character sketch of Judge Parker, who is before the public eye as Democratic candidate for President. It is always up-to-date.

"The Popular Phrenologist"—London—contains a sketch of C. Kinloch Cooke, Esq., M.A., LL.M., author and journalist. He is a man of great force of character. Among the occupations and professions Mr. J. Millott Severn writes upon the "Clerk."

"The Living Age"—Boston.—"Tolstoy on the War" is the name of one article, translated by V. Tchertkoff and I. F. M.

"Lippincott's Magazine"—New York.—The Cousin of President Roosevelt, Maude Roosevelt, has written an article on "Social Logics," which is a novelette of two attractive girls of good family, but small means, who drift together in a boarding-house. It is a tale of gay New York and gayer Paris. Geo. Moore writes his finishing article on "Modes and Memories."

"Suggestion"—Chicago—contains an article on "Appendicitis," by the editor, Herbert R. Parkyn, who says that the first, last, and only cause of appendicitis is insufficient drinking of liquids, and further states that two quarts of liquid are required by every full-grown person, to obtain perfect health, every twenty-four hours.

"Mind"—New York—contains an article on "The Meaning of Life," by Lucinda B. Chandler, an article on "Self Knowledge," by Marietta Parshley, and one on "Character," by S. M. Talbot. It is edited by Charles Brodie Patterson.

"The Lititz Express"—Pennsylvania—contains an article on "American Women, Are They Becoming Healthier?" Another on "Lexington's Great Event." This is an interesting little paper, and contains much condensed news.

"Human Culture"—Chicago, Ill.—We note note that Prof. V. G. Lundquist has united his monthly journal, "Self Culture" with "Human Culture. Mrs. Vaught has secured his services in her examination rooms in Chicago.

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"The Pacific Medical Journal"—San Francisco—contains a report in a recent number of the annual meeting of the Medical Society of the State of California. It also states that a new vegetarian society is to be established at Linda Vista, a little suburb of Pasadena. The society is to be called the Victoria University of Vitaphysics. The "Vitas" are to live on roots and herbs mostly. They do not believe in war nor in killing any animal for food. They do not believe in wearing shoes. Even sugar from the cane and beet is to be cut out. Instead they will use maple sugar.

"The Christian Advocate"—New York—contains an article on "The Woman's College Out of Study Hours," by Charlotte G. Tuthill. Some interesting illustrations accompany the article. "Two Great Methodist School-Masters" is the title of another article. The Rev. Geo. H. Whitney, LL.D., President of Centenary Collegiate Institute, Hackettstown, N. J., and the Rev. Herbert F. Fisk, LL.D., Principal of Northwest Academy, Evanston, Ill.

"The Literary Digest"—New York—contains the portraits of "Men of Mark at Mukden," which illustrate an article on "England's National Existence," and the "Right of Search and Seizure," and an article by Prof. Geo. T. Knight on "The New Hell." He calls attention to the change that has come over to the popular conception of hell in recent years. Marion Harland defends the "Marriage Institution" against the attacks of a Bachelor Maid, which is the subject of another article.

"The People's Health Journal"—Chicago, Ill.—contains an article on "Shall Consumptives be Excluded from the School?" the writer of which thinks that consumptives should conform to certain rules, if they attend public schools.

"Madame" — Indianapolis — contains bright and interesting articles, many of which refer the reader to England and its customs, such as "English Five o'Clock Tea," "Pictures from the Royal Academy Exhibition," and "Madame's London Letter."

"New Thought"—New York City.—Wm. Walker Atkinson writes "Chips From the Old Block." Among other things he says, "Don't lie down and whimper because you have been dealt a lash from the whip of fate. Be a thoroughbred, stretch yourself out and show the crowd what is in you."

"The Club Woman"—New York—contains an article on "Woman's Struggle for Power," by the editor. Another article on "To Have and to Hold" is by Mrs. Robt. J. Burdette, which is full of helpful suggestiveness. "A Girls' College in Constantinople" is an article that brings hometo us many interesting facts in the Far East. The article is illustrated with many views, both of the house and students.

PUBLISHERS' DEPARTMENT.

Wanted—Indiana-Arizona Development, Black Rock Gold and Copper, Jualpa, Last Chance, Wishon Lead and Zinc, Rhyolite-Beacon Gold, East Tonopah, Bagdad Gold and Copper, Night Hawk, Red Fissure, Great Cariboo Gold, Nabob Oil, Wyandoth Oil, and Seattle and Catella Bay Oil, for other legitimate stocks of good values. Address National Mining Exchange, Elkhart.

Owing to the want of space, several articles have been left over for next month.

WHAT PHRENOLOGY HAS DONE FOR OTHERS. WHAT IT CAN DO FOR YOU.

TO SAVE TIME IS TO LENGTHEN LIFE.

Everyone is asking nowadays how can they carve the marble of their own individual temples so as to build a structure that will not crumble, but bring into prominence a worthy building of a worthy ambition. This is an important idea for all to have, and persons are asking the best way to accomplish it. Andrew Carnegie has said: "Not to know yourself Phrenologically is sure to keep you standing on the 'Bridge of Sighs' all your life."

Why not then use the human bricks and mortar to erect a suitable temple of which you can be proud all your life? Study Phrenology; begin at once.

WE CAN PAINT YOUR SUCCESS—"LOOK AHEAD."

This is the motto of every man and woman of the hour. Phil. D. Armour has said, "Every man and woman can do something, and there is plenty to do. Phrenology will teach each person what that something is."

Who is going to be wise enough to look ahead and see what his work in life ought to be before it is too late to make a change, for life is too short to make a mistake, and "true greatness lies in doing common things uncommonly well," says John D. Rockefeller?

HOW WE CAN IMPROVE YOUR BUSINESS.

Everyone with a livelihood to earn, wants to know how to scale the mountain of success in such a way as to avoid falling to the bottom, and having to climb time after time without any good result.

Chauncey M. Depew says: "When a man knows himself, he knows what to do. Phrenology tells him what he is."

It is of no use for a man to expect success simply by luck and good fortune. The most of us have to carve out our own des-

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tinies, mold our own statues, and make our own success.

Emerson has told us, "We are used as brute atoms until we think, then we use all the rest." For, persons who think in the right direction, and set their powers to work in the right sphere, make few or no mistakes.

The key to unlock right thinking is Phrenology. Who intends to secure this golden key?

HOW WE CAN IMPROVE YOUR INCOME

There is no person of limited means who would not like to try the responsibility of doubling his annual income if he knew exactly how to do it. Such persons should follow Horace Mann's golden rule. He once very wisely said:

"If I had only one dollar in the world, I would spend it with a good Phrenologist, learning what I should do."

As Phrenology can point out the practical fitness of one man to become a successful merchant like A. T. Stewart or John Wanamaker, so it can tell another man like Thomas A. Edison that he can become a successful inventor. Thomas A. Edison said:

"I never knew I had an inventive talent until Prof. O. S. Fowler examined my head, and told me so. I was a stranger to myself until then."

What man has been more successful or doubled his income more completely by the use of his talents than Edison?

HOW WE CAN INCREASE YOUR VITAL FORCE.

A person can increase his vital force by rightly understanding his own powers. It does not matter how weak he is, he can improve his chances in life by right thinking and right doing. The only thing a man needs to do is to rightly adjust his mind. Vital force is increased by using one's positive faculties, namely Firmness, Self-Esteem, Combativeness, and Destructiveness, and keeping in abeyance the influence of small Hope, large Cautiousness or fear, and oversensitiveness, and large Approbativeness. Failure does not come to persons who use their forceful, executive, persevering, ingenious, practical elements of mind, and it is clear to see that want of confidence, fear of failure, and doubt in one's ability will bring about a pessimism that will result in failure. Strengthen yourself by resisting impediments that stand in your way, and do not give room for the weeds of discontent to grow. Use a cultivator in the garden of your mind, and dig them up every morning, then the soul will produce something that is useful, something that is beneficial, something that is strong and vigorous. It is true that *all* acts, thoughts, feelings, and desires that are persisted in, finally establish nerve paths, and co-ordinating brain centers, which become the physical basis of subsequent thought and conduct, as we have repeatedly said, then persist in filling your mind with healthful, reassuring thoughts. Phrenology will help you to do this; Phrenology will tell you how to do this; Phrenology will set you to work.

HELPFUL NUGGETS (TOWARD SELF-IMPROVEMENT).

As sure as the sun rises in the morning and sets at night so "Brain paths and nerve centers, which are never exercised gradually become weaker, and have but little influence upon the character. By persistent daily exercise of weak faculties, and the desirable traits of mind (and heart), and at the same time allowing the baser passions, and those elements which are too strong to remain dormant, the nerve paths and brain centers of the former will be strengthened, and those of the latter weakened, thereby forming the physical basis of a strong and a noble character." These are words of wisdom and strength, and are helpful nuggets in the building up of one's mind, and although one need not aspire to build a skyscraper, yet self-improvement will always add a dome to one's character, and a skylight to one's brain, and height to one's head. Are there not hundreds of men and women to-day who want knowledge in the form of nuggets, which they can handle and use in after life which will add toward their self-improvement?

PHRENOLOGY IN A NUTSHELL.

The cry is to-day, "We have not time to study this or that philosophy. All we want to know is how to choose a pursuit in life to help us fill our proper niche. Nothing will help you to do this better than to take a short and concise course in Phrenology. The instruction is wonderfully condensed, and saves a vast amount of personal study, which can be taken afterward at leisure, but the alphabet is so combined in the forthcoming course, commencing in September that everyone is more than doubly repaid for the time and expense given to the few hours that have to be devoted to the work, and, what results at the end! Nothing gives us a keener insight into our own characters, or brings us into more sympathetic relations with our fellow-men or enables us to account for so many "misfits" than Phrenology. The foresight of parents in helping children to encourage their right talents has given the world a Handel, a Livingston, a Marconi, a Franklin, a Morse, a McKinley, and a Shakespeare. That there is hidden talent stowed away in many unobserved and unknown men and women to-day is our sincere belief. Will not such

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allow Phrenology to bring it to light, and emancipate their minds, so that they may be properly appreciated in life?

STRIKE WHILE THE IRON IS HOT.

Strike while the iron is hot. The course at the Institute begins on the first Wednesday in September, and continues until the last week in October. Who is willing and prepared to make the sacrifice of leaving everything else in order to attend it? The course will teach two branches of Phrenology —the theoretical and the practical.

Much experience of practical Phrenologists will be thrown into this work. The study is arranged so that students may have an opportunity of learning how to delineate character as well as to qualify as specialists in certain directions, such as Lecturers on Phrenology; Business Men who are constantly employing labor, and need to know whom to select; Writers for the press, and Teachers of classes, either as Kindergartners or Professors in various branches of mental science, etc.

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A PHRENOLOGICAL CONFIRMATION.

Intellect and Size of Skill.—The opinion is widely held that intelligence is connected with cranial capacity, or, in other words, with the size of the head. "The question," says "Cosmos," "has often been brought up by scientists, but their investigations have resulted in nothing conclusive, and this has geen generally regarded as due to the fact that these two magnitudes are incommensurable. We may, it is true, measure the length and breadth of a head, but how shall we express degrees of intellect in figures? However this may be, these difficulties have not frightened Prof. Karl Pearson, who has made a series of experiments that he describes in a recent paper before the London Royal Society. To eliminate as far as possible the errors that might be introduced into comparative measurements on a large number of persons by differences of age, education, and nourishment, Professor Pearson devoted his attention to a homogeneous group of individuals of the same social environment—the students of the University of Cambridge. The Anthropological Society of Cambridge furnished him with a series of measurements on students whose university standing could be obtained from the records. The results deduced from these measurements by a method invented by Professor Pearson . . . proves that the intelligence of a student, so far as it can be measured by his success as a scholar, has no sensible relation to the size of his head. Other experiments in different colleges of the United Kingdom confirm this result.—"The Literary Digest," May 31, 1902.

Authors like to get honest opinions of their works; but such opinions are so difficult to come by that they sometimes fish for them. President Roosevelt was once traveling in Idaho, and passed a book-store, in the window of which was a copy of his "Winning of the West." Going into the store, he inquired:

"Who is this author, Roosevelt?"

"Oh," said the book-seller, "he's a ranch-driver."

"And what do you think of his book?" asked the President.

"Well," said the dealer, slowly and deliberately, "I've always thought I'd like to meet the author and tell him that if he had stuck to running a ranch and give up writing books he'd have made a powerful more of a success at his trade."—Selected.

A HYGIENIC BREAD-MAKING ESTABLISHMENT.

Every workman in the employ of a well known company of bread manufacturers is obliged to submit to a physical examination and to procure a doctor's certificate showing him to be in perfect health. Upon entering the building he is required to disrobe and deposit his clothes in a locker provided for the purpose. He then passes through a shower bath, and on to a further room, where each day clean underwear, shoes and white canvas uniforms are provided by the company. The bread is practically not handled during its manufacture. The water is sterilized and flows directly through automatic valves into the breadmixers' troughs. The milk, butter, and other ingredients are as pure as it is possible to procure them, and the bread when it comes from the oven is wrapped in paraffin paper, so that it may not be contaminated by future handling.

CURRENT EXCHANGES

"The Hospital"—London.—Contains an interesting historical sketch of some of the London hospitals, and many interesting articles on various forms of disease.

"The Theosophist"—Madras, Ind.—Contains an article by C. W. Leadbeater on "How to Build Character," among other interesting articles.

All housewives should possess a "Hygienic Home Cook Book." Fowler & Wells Co., 24 E. 22d Street, New York City.

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This set of books is recommended to those who wish to take up the study of Phrenology at home or to prepare for attending the American Institute of Phrenology. At list prices these amount to $18.75. The set will be sent for $13.00, Express collect.

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A series of twenty-one Lectures on Physiology and Phrenology, delivered by Prof. L. N. Fowler, during his first tour in England, many of which are now out of print and can only be had in this volume. $1.50.

Brain and Mind

Or, Mental Science Considered in Accordance with the Principles of Phrenology and in Relation to Modern Physiology. Illustrated. By H. S. DRAYTON, A.M., M.D., and JAMES MCNEIL, A.M. Extra Cloth, $1.50.

The Temperaments

Considered in their relation to Mental Character and Practical Affairs of Life. By D. H. JACQUES, M. D. 150 illustrations. Cloth, $1.50.

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With upwards of one hundred divisions, in china. Newly discovered organs are added, and the old organs have been subdivided to indicate the various phases of action which many of them assume. It is a perfect model, beautiful as a work of art, and is undoubtedly the latest contribution to Phrenological Science, and the most complete bust ever published. Price $5 00.

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A Natural System of Elocution and Oratory

Founded on an analysis of the Human Constitution considered in its threefold nature—Mental, Physiological, and Expressional. By THOMAS A. and WILLIAM HYDE. Price $2.00.

The authors have studied the subject closely, and present it from new and original standpoints. This is not a commonplace book on the plan of numerous school textbooks, but one well worthy the attention of all who would excel as speakers, readers, etc.

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And the Cure of Nervousness. By M. L. HOLBROOK. Part I. contains chapters on the Brain, the Spinal Cord, the Cranial and Spinal Nerves. How to Cure Nervousness. Value of a Large Supply of Food in Nervous Disorders. Fifty Important Questions Answered. Price $1.00.

....*19*

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AUGUST CLUB WOMAN

"Woman's Struggle for Power" is a strong and timely editorial in the August *Club Woman*, handled vigorously by Mrs Dore Lyon. The usual Club Features are added to by a department called "General Federation Notes," conducted by Mrs. Sarah Platt Decker. The value and necessity of libraries for children and the very poor is strongly urged by the *Club Woman*, and in "Little Home Libraries for the Children," by Katharine Louise Smith, and "Traveling Libraries" by Rosine Ryan, are two widely different but very excellent schemes for bringing books and magazines into the homes of the poor and isolated.

Altogether, the August *Club Woman*, with its good fiction, seasonable poetry, and beautiful typographic makeup, is a creditable number, making up in quality what it has lost in quantity.

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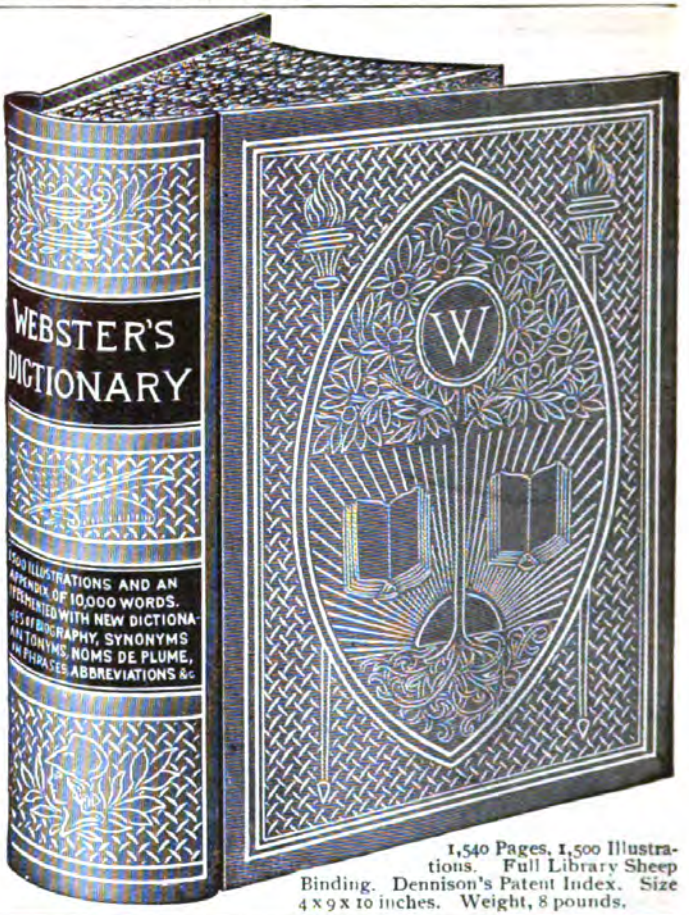
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CONTENTS FOR OCTOBER, 1904

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PAGE

I. **The Present Day Use of Phrenology.** By the Hon. John S. Crosby, Lawyer and Politician. Illustrated - - - - - - - - - - 307
II. **The Correlation of Mind and Body.** By Allen Haddock. Illustrated 310
III. **A Brief Analysis of the Life and Character of Prof. Allen Haddock, Phrenologist, Writer, and Editor.** By J. A. Fowler. Illustrated - - - - - - - - - - - - - - - 312
IV. **Practical Psychology.** Observation. No. II. - - - - - - - 314
V. **More Care in Choosing Pursuits.** By M. Tope - - - - - - - 315
VI. **Science of Health.** Notes by Dr. E. P. Miller. Sugar as Food. Shall We Eat Raw Food? Cuba as a Winter Health Resort. The Hygiene of Sunshine. Exercises for October, by Capt. Jack MacDonald - - - - - 317
VII. **The Psychology of Childhood.** Master John Archer Richardson. The Smallest Living Baby Known. A Giant from Babyland. The Exercises for a Delicate Child. By Uncle Joe - - - - - - - - - - 322
VIII. **In the Public Eye.** The Late Bishop Huntingdon. Mrs. G. H. Gilbert. Mme. Lillian Nordica. Hon. Joseph G. Cannon. Mr. John Philip Sousa. Illustrated - - - - - - - - - - - - - - - - - 326
IX. **Editorials.** Autumn Leaves (Poem), by Margaret Isabel Cox. Yale Graduates and Their Work - - - - - - - - - - - - - - - 331
X. **Reviews.** The Foundation of All Reform - - - - - - - - - 333
XI. **The Fowler Institute** - - - - - - - - - - - - - 334
XII. **The American Institute of Phrenology** - - - - - - - - - 334
XIII. **To New Subscribers** - - - - - - - - - - - - - 337
XIV. **Our Correspondents** - - - - - - - - - - - - - 337
XV. **News and Notes** - - - - - - - - - - - - - - 338
XVI. **Field Notes** - - - - - - - - - - - - - - - 338
XVII. **Sense and Nonsense** - - - - - - - - - - - - - 340

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The Present Day Use of Phrenology.

BY THE HON. JOHN S. CROSBY, LAWYER AND POLITICIAN.

Digest of his recent Address before the American Institute of Phrenology, and a Mental Snap-shot from a Personal Examination.

Mr. Crosby said in part: It affords me great pleasure to comply with Miss Fowler's request to attend your opening meeting of the Forty-first Session.

From what I have heard this evening and from my personal observations, I do not believe there is a science that has progressed further than Phrenology, including medicine, unless it is surgery. He believed that pathological medicine or surgery had perhaps eclipsed every other science; and, although our chairman said we do not claim that Phrenology is complete as a science or perfect as an art, yet he believed it was sufficiently advanced to be used as an applied science. If the proper study of mankind is man, then we should give our attention to Phrenology; and, although I have been too busy in my profession as a lawyer to study it minutely, yet the subject was brought very early to my attention through some of its literature. When travelling the other day, I met a lady who told me she had molded her daughter's education on her knowledge of Phrenology, and I never found anyone who has known anything about the subject but who has believed in it; it is only those who are ignorant of its principles who disbelieve it.

If the names of distinguished men who have believed in the science can have any weight with us, surely they are sufficient to banish all our doubts. One of the greatest philosophers of the last century and one of the most logical writers on the subject of mental science was George Combe, who immortalized his name by writing "The Constitution of Man." By reading through that book my life was marked out by it, and I have never forgotten his life of philosophy. His idea was that natural laws never conflicted with divine laws; that the two worked together harmoniously. But if by any chance the divine laws were not understood, he believed in following nature, and he knew he would be doing right. Combe, however, was not popular or understood when he was alive, and had he lived in the time of Socrates, no doubt he would have been called upon

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to die a similar death and drink hemlock. To-day we are enjoying the fruits of his labors.

Having given some attention to politics, I have come in contact with all classes and conditions of men, and I have always found my knowledge of human nature of use to me in judging of the differences among men.

A great many men we have to look after who are doing what the Phrenologist would have expected them to do. The longer I live the less inclined I feel to blame anyone for his individual weaknesses, but I believe that everyone does just about as well as he can. There was also the financial side of the question, and persons had to answer the dinner-bell. Where, however, John or Sam framed their lives by Phrenology, they never went very much astray or wide of the mark; without Phrenology the square peg gets into the round hole. There are ministers who never ought to have been in a pulpit, who ought to have been mechanics, and there are mechanics who ought to have been ministers. Phrenology cannot go so far as to tell men that they can succeed in anything; it is all a matter of brain. You would not expect from the fool as much as you would from Shakespeare. The brain of the fool in the immortal poet would have done much the same as in the fool, and the brain of Shakespeare in the head of the fool would have done much the same as Shakespeare did. Daniel Webster had a fine brain, and he carried out the work he was organized to do the same as the idiot does. They could never be on the same level. Phrenology helps us to deal out justice to all men. If it were not for our ignorance we might do better.

I believe in that socialism that says we govern each other. We shall see the day when political meetings will be held in churches rather than in saloons. I believe in the justice that appreciates the best in man. Politics are ethics. Freedom has its relation to justice—freedom and justice are the two grandest conceptions of words we can have. Jefferson's idea of justice to man was about right. Tom Paine fought for freedom as few men have. Phrenology believes in natural rights, but a man has often to get them for himself. Here, again, Combe's ideas about the nearness of God and nature are explained. I once expressed my views to a reporter on natural rights, and he said there was no such thing as natural rights; then I said, "If there is no such thing as natural rights, there cannot be any such thing as natural wrongs." "No," said he, "there is not." But I am inclined to think that there are natural rights which should be observed. The philosophy of Gall and Spurzheim brings us nearer to nature and nearer to God than any other philosophy, and experience teaches me to keep close to the human nature they have taught. I advise all young men to take hold of Phrenology. When I was a teacher, I found that Professor Bain's book on Mental Science was so highly appreciated in the six months of the senior year of the High School that I determined to try it in the junior year, and, somewhat to my surprise, I found that it was just as much appreciated among the juniors as among the seniors. I met a Texas banker in my travels quite recently who was one of my classmates. He had studied Bain with me, and said he enjoyed nothing so much as reading Bain on Mental Science, for it was like taking hold of the earth.

Everyone now understands that "the brain is the organ of the mind," and its practical application of it is being worked out year by year in such an institute as this. If I had a family of children just going out into the world I would have them all examined Phrenologically to help them guard against special weaknesses and conserve their energies.

Mr. Fowler examined my head forty years ago and I have not forgotten his advice to this day. He told me not to marry a homely woman, but if I did to go West. I soon after married and

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my wife was not homely, but a beautiful, helpful woman, and, strange to say, I did go West. I believe the beauty of the soul makes the beauty behind the shoes and coat. Mr. Fowler knew I loved to see beautiful things. I believe you need never grow old if you know about the great God. There is plenty to think of to keep the heart young if we believe in the principles laid down by Combe.

SNAP-SHOT OF MR. CROSBY.

We have in this gentleman a large and powerfully organized brain. From stem to stern, from A to Z, from head to foot, there tingles the personal magnetism of the orator.

His height of head makes him believe in the golden rule, "Do unto others as ye would have others do unto you." The breadth of the forehead



Photo by Young.

THE HON. JOHN S. CROSBY.

Strong observing powers, forensic energy, keen preception of men, accurate foresight and love of equity

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gives him expansiveness of intellect. No narrow ideas will satisfy him, therefore one would expect to find him possessed of well-balanced ideas, well-regulated energies and a well-poised judgment. Quality of organization and temperamental condition favor more than ordinary versatility of talent and availability of mind. Keen perceptions, excellent memory by association, intuitive insight into character, constructive imagination, broad sympathies, a love of equity and justice, express themselves in the contour of this head.

Love to his fellow man is only outweighed by his love to his God, and his conception of the divine and ruling power of the universe, will be a merciful deliverer rather than a scourging and relentless father. A very far-seeing mind is his. Look to the centre of the parietal bone for an expression of his forethought. Examine the superior segment of his posterior top head for his love of equity. Scan his central brain faculty where the hair parts from his forehead and you will be able to account for his keen and penetrating perceptions of men. Note the breadth of the head above his ears for his forensic energy, and measure the arch of the brow for his capacity to gather facts, and all will be convinced of his matured judgment and organizing ability. The spring of perpetual youth is in his veins, although his silky white hair should belie this remark. Long may he live to be a blessing to his fellows. His circumference, height and length of head, weight of body, height of stature, and quality of organization, are all above the average; hence he is the happy possessor of strength, magnanimity and power.—J. A. Fowler.

The Correlation of Mind and Body

By Allen Haddock,

Editor of Human Nature, San Francisco, Cal.

Each human being differs from every other human being. Each person possesses forty-two mental faculties in the degree of development that stamps him with his own individuality, and yet the principles that govern him are the same as those governing every other man, the difference being in the degree of unfoldment of the soul's various bodily functions, the brain being a part of the body or physical organization.

Phrenology is not a system of "bumps," as those uninformed on the subject ignorantly suppose.

In accordance with its principles, character is determined by the length of brain fibre extending from the medulla oblongata to the cortex; size and shape of the head, hands, feet, and all the body; texture or quality of organization, culture, health, expression of face and environment, are all in evidence, and by and through them and them only the competent, scientific phrenologist can accurately determine character.

Long years of observation have taught him that there is a direct relation between the body, or physical organization, and the mind; this relation is so perfect that he reads character as readily as ordinary men read a book.

He knows that each organ of the brain has psychic as well as physical functions, the strength or weakness of which is determined by external expression, as hereinafter stated.

It is not my purpose here to deal with all the forty-two established mental faculties, but I will mention a few illustrating the correlation of body and mind.

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Etymologically speaking, the body is the trunk of the man or animal, but in this connection, and physiologically to make it plain that Phrenology includes the entire physical organization, I deem it better to make no distinction between the brain and the rest of the corporeal structure. The term "body" here expressed includes the entire physical man.

Take for example the brain organ of Vitativeness, located behind the ears, above the mastoid process; when very large there will be a great prominence in this region; the ears will be long, accompanied generally by an acute angle of the inferior maxillary or lower jaw, and a compact body; the flesh is well and tightly packed on the bones, rendering the subject wiry and enduring, enabling the brain (or soul) to resist disease and death of the body, and to shrink from annihilation.

When this organ is small the mastoid process and the region above will be small, the ears short, lower jaw weak, flesh loose and flabby, and the mind, so far as life is concerned, will be yielding.

Let us now go to "Firmness." When this brain organ is very large the crown of the head will be high and prominent; the spinal column will be stiff and unbending as an iron rod; there will be a "stiff upper lip," and all the muscles of the body will be rigid, and the person so endowed will possess an unyielding disposition. His opinions and purposes will be fixed and immovable, he will be persistent and set in his way, he cannot be driven in any direction and will be liable to become very stubborn, obstinate and mulish.

If Firmness be small, that part of the head wherein is located this organ will be shallow, the spine lack strength; like all the muscles of the body, it will be weak and flexible, as will also the upper lip, and the character will be correspondingly weak, because the mind can only manifest itself in accordance with its instrument—the body, which includes the brain.

Alimentiveness is located in front of the upper part of the ear and above the back part of the zygomatic arch. When this faculty is very large and active, it is accompanied by a large abdomen, a fulness of flesh and strong power to assimilate food. The cheeks are full and plump over the molar teeth. Persons so endowed have a hearty relish for food and drink, the dinner-bell is music in their ears and their meals have a very important



PROF. ALLEN HADDOCK.

place in their thoughts and they seldom eat too little.

When this brain organ is weak the region is hollow; so are the cheeks and abdomen, accompanied by sparseness of flesh. The person will pick at his food like a bird and seldom come to time at the table. Eating is the thing he puts off to the last. As a restaurant-keeper or cook he would be an utter failure.

Every organ of the brain has its special and separate mental and physical function; to describe them all would make this article too lengthy; suffice it to say, that there is a strict relation between the body, brain and mind, and that no other system of mental philosophy can demonstrate this fact so clearly and positively as does the science of Phrenology.

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A BRIEF ANALYSIS OF THE LIFE AND CHARACTER OF PROF. ALLEN HADDOCK, PHRENOLOGIST, WRITER AND EDITOR.

Some men are raised in the lap of luxury and do not know what it is to be buffeted about by the world. Such persons have a very different conception of life than those who are called upon to experience the light and shade of a varied home life.

We are not prepared to state as our belief that the child who is nursed in the lap of luxury, protected from all outside temptations, who knows nothing of the struggles and privations of other children, and who is sheltered from a knowledge of the world's sin, is any better prepared to lead a noble and useful life than one who is early called upon to battle with misfortune, and meet some of the sorrows following the loss of both father and mother.

Our worthy friend and editor of "Human Nature," who lives "Down by the Golden Gate," has not always lived near to the golden side of life. He has had a checkered experience for over fifty years, and has come out from such experience radiant with hope, joyous in his trust for the betterment of his fellow men, and anxious to do his level best in strengthening the cause that will place a young man in his right career, so that he may avoid the experience that he was obliged to endure when he was left an orphan and called upon to struggle alone. It was not until he was nineteen that a decided improvement took place in his career. It was then that Mr. L. N. Fowler visited Batley, and gave a course of lectures on Phrenology. Young Haddock grew interested in the lecturer's discourses and examinations, and sought the professor's advice. The correct delineation of his character, the advice with regard to his strong and weak points, and wherein he resembled his mother, whom Professor Fowler had never seen, seemed remarkable to him and he became so enthused with Phrenology that he bought the "Self-Instructor" and a Bust, and when Mr. Fowler again visited Batley, some years later, he attended his course of lessons.

"To Professor L. N. Fowler," Mr. Haddock says, "belongs the honor of putting me on my right course in adopting Phrenology as a profession."

When Professor Fowler put his hands upon young Haddock's head he said: "This gentleman is remarkable for humor; he is witty, and would make you laugh at his grandmother's funeral." He at the same time advised Mr. Haddock to get married, who writes: "I had already fallen in love with the only girl in Batley, and we are courting yet." The portrait of this estimable lady we give below, with her husband.

Following the examination of Mr. Haddock, he recalls the description made by Mr. Fowler of two other gentlemen, one being an inventor, the other a witty cobbler. Describing the first gentleman, Professor Fowler said: "Here we have a man of mechanical ingenuity. He is by nature an inventor, and would make a good architect or builder, but not a good contractor. He lacks financial ability. He has a moral character, and is a conscientious man." This description brought great applause, as the gentleman had already invented a centrifugal pump that had saved a corporation thousands of pounds, but he failed to receive any income from his invention, and twenty years later, although a successful architect, he died a poor man, though highly respected.

When Mr. Fowler put his hands upon the second man the audience began to laugh. The lecturer described him so accurately that a gentleman who sat next to Mr. Haddock cried out, "Oh, he knows Abe!" As a matter of fact, Mr. Fowler had never seen the subject before, nor heard his name. On rising to reply, the witty cobbler, who stammered, said:

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"L-l-l-ladies and g-g-g-gentlemen, Mr. Fowler says I would make a good shoemaker; w-w-w-well, you know I a-a-am a shoemaker, but I think of cha-cha-changing my trade be-be-because *I cannot stand sitting.*"

"Of course everyone laughed heartily at Abe's wit, for who in the world can stand sitting anyway. My interest deepened from this time onward," Mr. Haddock writes, "and suffice it to say that at present my family consists of a large wife and a small family of nine children, all grown up. Eight of them



Photo by Holler.

PROF. AND MRS. ALLEN HADDOCK OF SAN FRANCISCO.

I brought to America over nineteen years ago. I practiced Phrenology in England up to 1884, mainly as an amateur, but since that time I have devoted all my attention to the science, and have been in one block in San Francisco for nineteen years." Mr. Haddock has been connected with the newspaper called the "Batley Reporter" for thirty-two years, and is now and has been for the last nineteen years the credited correspondent in San Francisco for that publication. All his articles are headed "Down by the Golden Gate," and the "Reporter" being the largest and leading newspaper in the West Riding of Yorkshire, the articles are read by Yorkshiremen all over the world.

Mr. Haddock has a wiry constitution, and an active, healthy brain, which enables him to adapt himself quite readily to a large number of people and many lines of work; in fact, a proper Phrenologist, who conducts a paper like "Human Nature," hardly knows when his work is done. He is a locomotive man, and his mental vigor and capacity for headwork are shown in his broad, high forehead. He quickly absorbs ideas, as well as generates them, and his language, joined to his wit, Comparison and Combativeness, enable him to sustain his arguments on any debatable point. Mr. Haddock is an enthusiastic man, and his moral brain makes him anxious to uphold some principle, fight for some cause, and sustain some reform work. His mental vision is accurate, and it will be easily seen that his large fund of human nature makes him an apt delineator of character. Mr. Haddock began to earn his own living at thirteen years of age, when he was left an orphan, and has been his own employer since he was nineteen. He has a well-ordered mind, is shrewd, far-sighted, intuitive,

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keen in repartee, and through his large Hope and Spirituality his mind is carried upward to the contemplation of immaterial subjects. He is a racy speaker, an interesting conversationalist, a logical writer, and an accurate delineator of character.

J. A. FOWLER.

Practical Psychology.*

Observation.—(a) The Knowing Powers, according to Psychology; (b) the Perceptive Faculties, according to Phrenology. No. II.

It is not alone enough for a child to look out of a window to see whether it is raining or not, for if the child wants to go out he will be disposed to think that the rain has ceased when it is really falling, and how can he use several powers or interests of his mind unless he has many governing forces? The brain would be much slower to act if his brain were an unit, but being divided into faculties (according to Phrenology), the child can deceive even his senses by his desire to go out. It is thus apparent that we need mental influences as well as influences through the senses to guide us.

(a) Psychologists tell us that, "a child during the first weeks of life has very little recognition of outer things. The child receives visual impressions, but these are not referred to external objects. It is by the daily renewed conjunctions of simple sense-experiences—and more particularly those of sight and of touch—that the little learner comes to refer its impressions to objects. By continually looking at the objects handled, the visual perception of direction becomes perfected, as also that of distance within certain limits."

Psychologists agree on the point that a mother trains her infant to remember faces and objects in such a positive manner that certain powers of the mind are appealed to and the activity of those powers results in a definite development of the brain.

(b) Phrenology points out that there are centres which control the sense of distance from one place to another, and the function of Locality explains fully what this faculty is able to do.

The brain of a child is not equally developed in all parts. Phrenology recognizes this, though psychologists will not admit that such a thing is possible. A teacher gropes in the dark in judging of a child's perceptive sense when he takes psychology as his guide, but when he embraces the tenets of Phrenology and understands its principles, and studies the functions of each part of the brain, he can then apply his knowledge in a logical way to the children under his care. He will know whether a child will be able to recognize words and recollect the form of words or possess the memory of how those words are spelled; thus he can distinguish at the commencement of his school term what children in his class will be good spellers, also those who will excel in geography, history, mathematics, drawing or arithmetic.

It takes a psychologist a long time to recognize the individual talents of children, because each child has to be tested by special work, but the possibilities of a child's mind can be foretold by a knowledge of Phrenology, and this should be an incentive to a teacher to find out what qualities need to be developed in a child and what qualities need to be restrained. The following remarks of Dr. Gall are appropriate to our argument just here. He said, that "for every mental manifestation there is a physical object to produce it, and for every objective conclusion arrived at by a child there is a distinct correlation through the physical organs, the eye and the ear;

* Digest of a chapter of a new work on "Practical Psychology," now in the press.

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but the mental power behind the eye helps the direction of the sight. So with the ear; a child may hear general sounds, but it is the brain that gives the direction to the sounds that the child hears." The dinner-bell will waken a consciousness and a memory that there is something good to eat, and the child will run when he hears it. The school-bell rings and the child remembers that it is five minutes to nine, and that he must hurry or he will be late. A mother's voice calls twenty times during the day, "Come, darling!" but the child lingers over his play. He hears but he does not heed the sound. The hearing apparatus may be just as keen as in the child who obeys and heeds the call, but it is the brain itself that gives the interest to the senses, and on this account we need to develop that which is behind and stronger than the sense impressions in order that the percepts may be educated and developed.

A psychologist cannot tell whether one child will take an interest in drawing or not, while a phrenologist, going into a school, can help a teacher by pointing out that certain scholars will be apt in their copy of nature; and, more than this, he will be able to decide whether the child will be interested in animals like Landseer, or in landscape painting like Turner, or portrait painting like Raphael.

Were the brain an unit, this would not be possible, but because the brain is divided into a congery of organs, each having its own storehouse of knowledge, it can adapt itself to many phases of study.

(a) The psychologists admit that "while calling in of the pupil's observing powers is thus a characteristic of the right method in all branches of teaching, there are some subjects which exercise the 'faculty of observation' in a more special manner. Thus the study of geometry and of languages help, each in its own special and restricted way, to exercise the visual observation of form. But the study which most completely and most rigorously exercises the faculty of observation is natural science. A serious pursuit of chemistry, mineralogy, botany, or some branch of zoölogy, as entomology, trains the whole visual capacity and helps to fix a habit of observing natural objects, which is one of the most valuable rewards that any system of education can bestow."

The above quotation shows how closely the psychologist comes to apply the phrenological training of the mind, only that through the latter subject a person knows more definitely than psychology can teach him what powers to call out in the pursuit of chemistry, mineralogy, botany, geometry, the languages and zoölogy, and on this account, were Phrenology to be recognized in the schools in a general way, as it is by many teachers in a particular way, Phrenology would conserve the energy of children in a beneficial way.

More Care in Choosing Pursuits.

By M. Tope, Bowerston, O.

It is a foregone conclusion that every person who comes into this world is born for some useful purpose. And to accomplish that purpose, he or she must work. Activity is a law of our being, both physical and mental, and essential to our health, our happiness, our morals, our longevity, and our best good every way. And the man or woman who is too lazy to work, who has no useful occupation, had better catch the itch—so as to have some good exercise — for the benefit he would derive from the scratching!

Lack of knowledge and lack of forethought have played awful havoc

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through the ages in the matter of selecting pursuits, and mankind is virtually divided into three classes occupationally. These are: those who have chosen their true pursuits, those who have adopted wrong pursuits, and those who have no pursuit at all.

The last two are in a sense the causes of incalculable evil and misery in the world. While it would seem a comparatively few that are so absolutely lazy or indifferent as not to take to something, good or bad, as his or her distinct kind of work or that which answers as a business, yet almost every community knows of one or more persons who seem not to have been put to any special course of industry in early life, nor to have settled upon any definite and fixed object to engage their attention and energies, and are, therefore, practical do-nothings. This unproductive class properly embraces the fashionably idle, dudes, the idiotic, cannibals and criminals. It has been estimated that a large per cent. of the murders of the United States have been committed by men who had no regular occupation. And the same can be said of suicides and other forms of evil that, directly or indirectly, grow out of idleness or desultory work!

But those who have made serious mistakes in taking up their vocations, and thereby marred the rest of their lives, are no doubt by far the most numerous. It is appalling how many young folks have blundered blindly into untoward situations and made shipwreck of their abilities and powers on the quicksands of failure, blasted hopes, unrealized aspirations and sickening disgrace. A reasonable estimate would say that more than half of the so-called enlightened human race get into wrong places, or at least into places where they do not succeed as well as they ought, and thus "work against the grain," perform their duties awkwardly or fail entirely with bitter disappointment to themselves and friends. Such a waste of talent and energy and such blighted lives might be prevented, and become happy, useful subjects.

It is to be regretted greatly that the spirit of the times misleads so many into wrong notions of life, regardless of natural capacities and circumstances. The prevailing goals of today are mammon, fashion and fame, and many innocent youths are put in training with toll and spur and whip to run the race at a sacrifice of health and other blessings. But anyone who will take a little time to think can readily see that only a chance few out of millions can attain to great wealth, excel in fashionable display or emblazon their names among the world's celebrities. And really, when these illustrious heights are reached, they are fraught with grave responsibility, criticism, worries and death, just as are other less pretentious positions. We would not in any degree discourage true ambition, but mankind ought to be dissuaded and delivered from pernicious incentives to effort.

The correct view of life combines three elements: enjoyment, competence and usefulness. Many seek one of these to the exclusion of the others; some strive after two to the neglect of the one. But happy the individual who calmly and thoughtfully pursues the triple purpose, and fortunate likewise are his friends and all who have or may come in contact with him in any relation.

Since true employment is so beneficial, and wrong choices so common and disastrous, it would seem, then, that more concern should be given to this subject. Parents should generally come to realize that it is one of their bounden duties to study the matter carefully and consult nature, inclination and science in giving their children a start in suitable walks in life. It seems to us that the State also should assume some responsibility and take an interest in an affair that so greatly affects the welfare of its citizens individually and collectively, publicly and privately. Could each youth as he comes forth from the pub-

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lic school for something to do be assigned to and trained for his right line of labor, by a well-devised and economical plan, it would augment the prosperity and the material good of the next generation at least fifty per cent., reduce the necessary working time of nearly all to a minimum of five or six hours, and greatly relieve the millions of the constant nerve-racking strain now on, and which is apparently becoming worse. Why not connect with the public schools some adjunctive arrangement whereby to provide for the realization of a more systematic and satisfactory regulation of the world's work?



Notes and Comments.

By E. P. Miller, M.D.

SUGAR AS FOOD.

Sugar and starch are called carbohydrates for the reason that they are composed of substances which combine carbon with hydrogen and oxygen, the latter in the proportion as found in water. The chemical combination in water is H_2O; that is, two equivalents of hydrogen to one of oxygen. There are three varieties of sugar in crystalline form, the composition of which is as follows:

Cane sugar (saccharose) $C_{12}H_{22}O_{11}$
Milk sugar (lactose) $C_{12}H_{24}O_{12}$
Grape or fruit sugar (glucose, dextrose) $C_6H_{12}O_6$

The reader will observe that the relative proportion of carbon, hydrogen, and oxygen are the same in milk sugar as in fruit sugar; hence they are almost identical in composition and nutritive material as food. Cane sugar has less oxygen and less hydrogen in proportion to the amount of carbon than either fruit or milk sugar. They are all three soluble in water, but fruit sugar is more soluble than either milk sugar or cane sugar. That may be one reason that it is more easily assimilated by the tissues than either of the others, more especially so than cane sugar. It is a well authenticated fact that all of the cane sugar eaten, as well as all the starch, has to be converted into fruit sugar before it is assimilated by the tissues. Nature seems to demand this, and to our mind it is one of the strongest indications that fruits and nuts are the natural food of man. The people ought to eat fruits for their sugar. Sugar is not a natural food; it does not contain any of the elements which go into the formation of the tissues of the human body. The foods that furnish the chemical and nutritive constituents for the bones, muscles, tendons, brain, nerves, blood-vessels, glands, organs, and the material structure of the body are those which contain nitrogen. There is not a trace of nitrogen in sugar. There is plenty of it, however, in some nuts and in most of the cereals, and some in nearly all vegetable products.

The nitrogenous elements of food are classed by chemists under the head of protein. W. O. Atwater, special agent in charge of nutrition investigations, office of experiment stations, in his pamphlets on Principles of Nutrition and Nutritive Value of Foods, pages 16 to 18, classifies all foods, giving the amount of water, protein, fats, carbohydrates and ash — found

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in every kind of food. In the list of foods embracing the flesh of animals, there are no carbohydrates found except in sausage, soups, shad roe, shell fish, milk, and cheese. Sugars contain no nutritive elements except carbohydrates. Granulated sugar is 100 per cent. carbohydrates.

The function of carbohydrates is to furnish animal heat and force and energy. Butter is 85 per cent. fat, with no carbohydrates; starch is 90 per cent. carbohydrates and no fat. Candies not mixed with nuts or other food material are 96 per cent. carbohydrates. Vegetable foods of the cereal class contain from 66 to 78 per cent. of carbohydrates, but they also contain protein, fat and ash in considerable quantities, which supply all the different elements of nutrition.

The English-speaking nations use far too much cane sugar. They take too much carbon for the amount of oxygen used, and the result is, if taken in larger quantities than can be converted into fruit sugar and be assimilated, it has to be excreted from the blood as a foreign substance. Much of this work is thrown upon the kidneys, and diabetes is the result. Too much sugar also causes early decay of the teeth; so often is this the case that most children have to employ the dentist before they are half grown. Want of teeth to properly masticate the food interferes seriously with the digestion, and dyspepsia, constipation and various other diseases are sooner or later developed. Sugar candy probably makes more business for the doctor and dentist than any other one thing. The system needs sugar, but children, young or old, should get their sugar in fruit and not in candy.

SHALL WE EAT RAW FOOD?

We find in Good Health for September, 1904, an article under the heading, "Shall We Eat Raw Food?" which we so fully and heartily endorse that we give a part of it to the readers of The Science of Health:

"Man can live easily upon a raw food diet provided he will take those foods which are natural to him, as fruits and nuts. A dietary of fruits and nuts is not only capable of maintaining the body in perfect health, but is often found highly beneficial as a means of overcoming a variety of disease conditions. Meat may also be eaten raw, and is much more digestible in this form than when cooked, though to most people too repulsive to be tolerated. Meat is an unnatural food. It cannot be considered any more natural for a man to eat a cow, a hen, a monkey, or a horse than to eat a wild man or an enemy, for example. In other words, the common practice of flesh eating is no more natural than is cannibalism, though, of course, it is, to most people at least, far less repulsive. A Hindu once said, 'I can understand how a man can become so angry that he will be willing to eat his enemy, but I cannot conceive how a person could ever be willing to eat the flesh of a cow or a sheep.'

"Potatoes, cabbage, parsnips, asparagus, and other vegetables when taken raw are not prepared for the action of digestive fluids in the stomach. Raw starch is not acted upon by the saliva in the stomach, though it may be digested by the pancreatic juice after the food passes out of the stomach. The raw food fad which has been started in New York City by certain parties who are perhaps more or less commercially inclined will have a short life. Horses, cows and most other lower animals have digestive organs adapted to the transformation of these coarse, uncooked foodstuffs, but the human digestive apparatus requires different material. The effect of cooking upon potatoes and other vegetables is to produce changes similar to those which are produced in green fruit by the action of the sun. Starch is transformed into dextrin and sugar, and other changes are effected by means of which well-cooked vegetables become nearly as easily digesti-

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ble as the normal fruit and nut diet.

"The raw diet is all right, but it involves the selection of foods which have been predigested in the sun, and thus prepared for the action of those digestive fluids which come in contact with the food in the stomach, namely, the saliva and the gastric juice; but for a person to undertake to subsist upon raw crushed wheat, raw potatoes, or other raw foods of similar character is to ignore the first principles of rational dietetics, and to impose upon the digestive organs a task to which they are wholly unadapted. Raw vegetables are the proper food for herbivorous animals, but human beings, as well as the chimpanzee and other frugivorous animals, together with the dog and nearly all other carnivorous animals, are unable to subsist upon a diet of raw vegetables. The teaching of certain faddists upon this subject is wholly without scientific foundation. Whether man may subsist upon a raw diet or not, depends upon what he eats."

CUBA AS A WINTER HEALTH RESORT.

It is only a question of a short time when Cuba will become the greatest winter health resort of any in the world. Northern people will go down there by the hundreds of thousands and luxuriate in her sunshine and shade, amid her tropical fruits and flowers and birds and bees. The soil of Cuba is unsurpassed in richness and she enjoys a perpetual summer. The days and nights are so nearly of the same length that the heat is not as oppressive as in more northern regions, and her nights are so cool that blankets are needed.

The Rev. Walter A. Evans, who has been spending some months in Cuba, is sending some very interesting articles to Good Health, which are to be republished in book form, from which we copy what he has to say that will interest very much those in search of health and health foods:

"4. Change of diet also contributes to the helpfulness of a winter in Cuba. —Here one, like a jaded horse, can go out to grass! One is likely to get weaned, at least in part, from meat eating here; for he can get no good meat (it is eaten the same day it is dressed), and a humane man can hardly eat meat as he thinks how the poor animals are tortured before they are killed. A man will, for example, bring pigs to market twenty miles, their legs tied together and slung over the back of a jogging mule. Horrid! One turns to fresh vegetables and fruits with eggs and pan—Cuban bread, which is made without yeast or baking-powder, thoroughly kneaded, baked till it is done (a hard crust outside), and which is simply delicious when fresh. These substantials afford an excellent basis for the following menu: Oranges, half a cent each! Pineapples, such as you never saw here, appetizing and peptonizing, at five cents each. The cheapness adds to their flavor! Bananas of many flavors and varieties, two kinds especially like the ambrosia which the Greek gods fed upon; viz., mansanas and datils, scarcely ever seen elsewhere. Plantains, a large species of banana, fourteen inches long and nine inches around, which are sliced and fried in butter. The writer bought a string of fine mansanas, with one hundred and five delicious bananas on it, for thirteen and one-half cents Americano! It is cheaper to eat there than to starve! And the food value of one acre of bananas, according to Humboldt and other eminent authors, is one hundred and sixty-six times as great as one acre of wheat. Here, also, are nisperos, chimetos, mameas—like jelly inside, sweet and nourishing—and limes—all picked in winter or early spring. And melons! The writer has seen muskmelons, in late winter in Havana, as big as the prize pumpkin at an Illinois county fair, of delicious flavor. Besides, there is a variety that grows on trees. Some

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American gardeners near Havana market watermelons in New York in February that bring a dollar and a half each, and weigh thirty to forty pounds apiece. Besides, here are also beans of many and strange varieties, some of them when cooked almost as large as plums, and, somehow, better than any bean ever eaten elsewhere. Yams, the tropic potato, which grow to weigh ten to twelve pounds, and though of a slightly different flavor, are better than our finest potato. Fresh sweet potatoes, too, all winter. Cocoanuts, green and ripe, chayotees, Spanish tomatoes, and Bermuda onions just out of the ground, do not exhaust the list of dainties for tickling the palate of the vegetarian epicure, while they help to make him *robusto*. Among such a variety one can simply eat, drink, and be merry for a while, and return home the better for it.

We are so interested in Cuban fruits that we are having a forty-acre orchard planted to all kinds of tropical fruits that can be shipped to New York, and in two years we expect to have them in plenty on our table at Miller's Hotel in New York City.

THE HYGIENE OF SUNSHINE—A "GOOD MORNING."

Its Beneficent Influence on the Lips of Smith—It Will Be Along Soon—How Salem's Atmosphere Was Changed and its People Made Better by One Man's Sunny Greeting.

Chester Peake in Chicago Record-Herald:

When we come to think of it we can find nothing in particular in the whole category of Good-Morning Smith's achievements. His career, as we know it, is distressingly commonplace, and yet we like to dwell upon it and convince ourselves that our zeal just after his funeral was not unworthy or misdirected.

Smith appeared in our little village on the hill a dozen years ago. Whence he came, his previous life, his family, the source of his income and his purpose in settling in Salem were all mysteries.

At the time of his arrival Salem was deep in the dumps. Half the population was not speaking to the other half. We had personal politics, two church quarrels, factions in all our lodges, cut-rate competition in the stores, and in addition to all that the editors of our two newspapers were calling each other more names every week than they honestly deserved. Oh, Salem was a nice community of unhappiness, and the man, woman or child who was caught smiling felt strangely guilty!

In the midst of it Smith happened—a plain, round sort of man, placid as a mill pond in summer and with a kind of smile on his countenance that appeared as if it had been caught there at his birth and could not get away. From the minute he landed at the railroad station he greeted everybody with "Good morning."

We thought him daft at first, and told him that "Good morning" in the middle of the afternoon was hardly respectful to the almanac; but that did not disturb.

"There's always good morning, and it will be along soon," he said.

So it soon came to pass that he was known to everyone in Salem as "Good-Morning Smith."

Well, the Bible tells us that a little leaven leaveneth the whole lump, and surely Smith's repetition began to work a most amazing change in Salem's atmosphere. Smith would make his way down the street, meeting scowling men, frowning women, sad-faced children.

"Good morning," he would call as cheerily as a robin sings before breakfast.

Then the man would forget his scowl; the woman's face would lose its frown; and the child would smile and say joyously, "Good morning, Mr. Smith."

Inside of a year we had the preachers calling one another brothers, and even the editors forgot their anathe-

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mas and began to refer to esteemed contemporaries. We had more courting, more marriages, more business, more enterprise, more of all sorts of good things than anybody ever dreamed of.

We had been considering Salem a one-horse place on the down-grade; but we formed a local improvement association, and collected money to advertise it as a health resort and the best and finest manufacturing centre in the State. We were progressing so finely that we forgot about Smith—until he died. Then we began to think, and we traced the things that had happened since his coming to the town, and as we were doing that our hearts ran away with our heads, and we felt within them a sense of personal loss that our heads could not understand. It seemed that Smith had put into our lives the note of hope and philosophy which had wrought the change.

And when his funeral took place the biggest church could not hold the crowds. All the ministers were there—in the same pulpit. The two editors sat side by side. Old enemies were speaking and smiling, and somehow everybody was saying to everybody else, "Good morning," just as though they wanted it to be known that while Smith's body rested in an eternal sleep his message was immortal. The Rev. Dr. Parker was chosen to make the remarks.

"Good morning," he began, with an excellent imitation of Smith's voice, and then went on telling us what an influence this humble man's cheerfulness had been in our lives, our homes and our business. "He converted a community by two words," he declared, "converted it from self and selfishness to sunshine and courtesy, and where," he asked, "can you find a happier hope than 'There's always good morning, and it will be along soon'? We preachers preach righteousness day in and day out—I wish we could live our religion one-half as well as this man did by simply saying a cheery word to everyone he met. He has left an example that if followed generally would overturn the world, a mark that may well be looked up to by adults, as well as children."

Within a week we held a special meeting of the local improvement association and collected funds for a monument. You will find it on the top of the hill in the cemetery, facing the sun, and on it you will read this inscription: "SMITH—Died June 6. GOOD MORNING."—From the Waterbury Times (forwarded by Dr. C. H. Shepard, of Brooklyn).

What faculties did Mr. Smith possess? The best answer will receive a prize of a free subscription to the PHRENOLOGICAL JOURNAL.

EXERCISES FOR OCTOBER.

THE VITAL-MOTIVE TEMPERAMENT.

The exercises given in this number are for ladies who possess the Vital-Motive temperament. By this combination is meant a predominance of nutritive force and arterial blood with a full degree of the Motive or mechanical apparatus. The head is not so large in this temperament; in fact, it is well regulated and brought under the control of the physical activities of the individual.

A young lady who weighs 120 pounds, height 5 feet 5, age 25, circumference of head 21½ inches, height of head 14½ inches, length of head 14 inches, should take the following exercises:

POSITION. — A walking exercise should be taken by first practising a quick forward movement, then taking as many steps backward. A long corridor will do for this exercise, or the longest stretch of the bedroom. When this has been done, the free hip movements should be taken. Stand erect; keep the weight of the body over the balls of the feet; hands on hips; swing leg from hip to the right, and back to position, counting two; swing the leg forward and back to position, counting four; swing the leg backward

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and back to position, counting six. Repeat on the left, counting up to twelve. Repeat again on the right and left alternately, counting twenty-four.

To bring flexibility to the back, bend at the hips with arms stretched over the head a foot apart. This brings into play the muscles of the sides and the back. When the body is raised it should be extended beyond the perpendicular line a little way backward; then forward again and upward and backward. To do this exercise a person must count eight in the downward movement and eight in the upward movement, making thirty-two counts when repeated. The arms should be kept on a level with the head and not be allowed to pass above or below the head line. Ten minutes should be devoted every night and morning to these two classes of exercise.

For next month the exercises will be arranged for the Motive-Mental temperament.

A prize of a free Phrenological examination from photograph is offered

(*Continued on page 330*)



"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

PHILOSOPHICAL AND THOUGHTFUL.

By Uncle Joe.

No. 629. John Archer Richardson, Athol, Ill.—This child is a host in himself. He is finely organized, has a healthy constitution, and will be able to turn out more thoughts and ideas than half a dozen boys of his age put together. He will make a great impression upon people wherever he is, and it will not be an easy task to steer him when he begins to study, for he will want to go ahead of his teacher's explanation. It will be necessary to keep him a little boy as long as possible, and give his body time to grow and develop, for he must not be pushed ahead or made a great deal of while he is young, even if he is exceptionally "cute" in his remarks. He will then show to a better advantage in after life. He has a head very much after the order of Daniel Webster, especially in the anterior portion. His mother will be kept busy answering questions, and she must gradually lead him to answer his own, and to hunt things up for himself. He will want to philosophize about every part of his work. Look at the massive forehead that he has for his age, which gives him his wondering, querying mind. It is not easy for him to be contented with any answer to his questions that falls short of a full explanation; therefore considerable patience will have to be exercised on his behalf, and care must be taken when he is being educated to enable him to see the "why and the wherefore" of any new subject that is presented to his mind. He is not a lad who will want to take things for granted, but will prefer to think a thing out for himself, and he will learn much through his mental curiosity and his aptitude to work things out on his own lines. He will live largely in the upper fore part and

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superior regions of his head, for in these parts his greatest interests will centre. He is very full of life and energy, and will want to be busy all day long. If occupied he will show an even temper, but he will get himself into trouble through his mental curiosity and desire to work things out, and will show an impatience if he is held in check or not allowed to do what his interest inclines him to examine. When he "gets mad," he will "get mad" all over, and the best way to cool him off is to put a wet towel around his head, and give him some cold water to drink, for his circulation will need to be equalized and his blood should be drawn away from his head into his feet and hands. When he wants a thing very much his attention should be drawn away from the article in question, and his interest attracted to something else. He has an affectionate nature, and will be most devoted to his friends; in fact, he will take into his remembrance nearly everyone at Christmas time, and will not want to leave anyone out on his Christmas-card list. It will be a difficult task to keep from spoiling him, but the task must be undertaken and he must be allowed to grow up in as natural a way as possible. His intellect shows him to have the cast of mind like Herbert Spencer, as the upper part of the forehead towers over the lower portion; hence he will succeed in working out a line of philosophy for himself.



NO. 629.—MASTER JOHN ARCHER RICHARDSON. TWO YEARS OLD.
No. 1. Causality. No. 2. Benevolence. No. 3. Executiveness. No. 4. Will power. No. 5. Affection.

He had better be given a good edu-

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cation in the study of law, for he will enjoy debate and argument, and will want to sum up both sides of the case before he has finished handling it. He will see the pros and cons of everything; thus, as a judge he will be able to settle matters on a supreme court bench, or in the Court of Equity, where his judgment will be final, and boys will allow him to give the casting vote, even in school matters; for he will be a leader, not a follower, of others.

He will show a good deal of literary ability, not a little mechanical inventiveness of mind, and a desire to do good wherever he is.

If he were to study medicine, and enter a large practice, he would forget to send out half his bills if some one did not attend to this department for him.

THE SMALLEST LIVING BABY KNOWN.

As has often been remarked in these columns, size of head and body do not always give the greatest amount of physical and mental strength, and several cases of small stature have come under our notice where size of head and body would naturally have led one to infer (if size alone gave power) that the children could not live to maturity.

Quite recently a little baby girl was born weighing a pound and a quarter. No infant has been known to live weighing less than a pound and a half, but as women seem to enjoy doing "wonderful stunts" just at present, it would seem as though this infant determined on testing medical science to such a degree that she had arranged with nature to allow her to become the smallest living baby ever known. Seven pounds is the average weight for a baby, but here was a mite of an infant who was less than a foot in length, with fingers the size of matches, her head scarcely larger than a baseball, and when carried down to the specialist at Coney Island, arrived in a little shoe-box. She was placed in an incubator, and a careful course of treatment was given her. As it was impossible to feed her through her mouth, because she had not yet learned to swallow, the experiment was tried of allowing her to breathe in milk through her nostrils. To make her breathe, an almost incessant manipulation of her thorax by a skilful nurse was necessary, and she improved so much in a few hours that great hopes were entertained of saving her. From this time on every breath has been counted, every hour she has been weighed, every variation of the temperature has been overcome by the



LILLIAN, THE SMALLEST BABY IN THE WORLD.

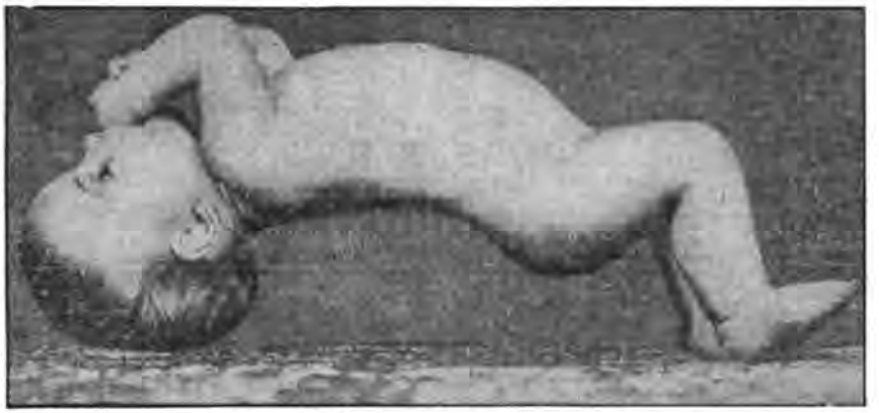
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spirit lamp that heats inside of the incubator, and little by little, gain by gain, the phenomenal infant has increased her weight. After the two-pound weight has been reached, the doctor and nurses will breathe a sigh of relief, for their battle will have been won virtually and the hardest part of the fight past.

"The case of Lillian," as reported in the New York World, "is, of course, the most wonderful in medical science, as no child born weighing less than twenty-four ounces has ever been known to live. I think, however," said the doctor, "that she will get along finely now, and that we will be able to point with pride to her as a fully grown young lady in a few years."

A GIANT FROM BABYLAND.

This picture represents apparently a remarkable feat of strength for a five-months-old infant to perform. But there is nothing phenomenal about it, as it is quite a normal and ordinary position for a healthy baby to pose in. It shows what perfect health and superb strength can do with agility of body, nourished by sensible feeding and proper care. His very attitude is comfortable, for he is sucking his thumb with contentment.



A FIVE-MONTHS-OLD INFANT.

THE BABY'S WEIGHT.

That an infant ought to be weighed each week—or at least every fourteen days—whatever may be its mode of nourishment, we are told in a report by M. A. Pinard on The Hygiene of Infancy, printed in The Bulletin of the Academy of Medicine (Paris). Says this writer:

"Weighing is the only exact means of verifying whether the growth of the infant is normal. The weight of a child who is well, drinks good milk in sufficient quantity, and digests it well ought not to vary sensibly from the averages given below. By indicating by the letter W the weight of the infant four days after its birth (an infant loses weight the first three days after its birth) . . . one may show the following averages:

First month	W+ 1 lb. 10.5 oz.
Second month	W+ 3 lbs. 5.5 oz.
Third month	W+ 4 lbs. 11.0 oz.
Fourth month	W+ 6 lbs. 1.0 oz.
Fifth month	W+ 7 lbs. 5.5 oz.
Sixth month	W+ 8 lbs. 8.5 oz.
Seventh month	W+ 9 lbs. 10.0 oz.
Eighth month	W+10 lbs. 10.0 oz.
Ninth month	W+11 lbs. 8.5 oz.
Tenth month	W+12 lbs. 5.5 oz.
Eleventh month	W+13 lbs. 1.0 oz.
Twelfth month	W+13 lbs. 11.0 oz.

"Hence, if an infant weighs seven pounds four days after its birth, it ought to weigh about twenty pounds at the age of one year. These figures

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are evidently not at all absolute; but if the infant grows normally, its weight ought not to vary greatly from that indicated above."—The Literary Digest.

THE EXERCISES FOR A DELICATE CHILD.

Some mothers are so anxious about their delicate, puny little infants that they are afraid to exercise their muscles for fear of injuring their structure or breaking their bones, or straining their muscles. Instead of being afraid, the parent should first hold the child with his arms above his head, and then teach him to walk slowly by bobbing his little feet on the ground one step at a time. Another way is by taking hold of the hands and feet and holding the infant in the air for a moment at a time. Another way is to roll a baby over on pillows on an inclined plane. This the child generally likes, and hence the exercise is made interesting. Another way to strengthen the baby's back is to catch hold of its dress and let him put his feet and hands (face downward) on the ground, and travel in this way a few steps forward. The back and the vital organs are all strengthened by this means. Another way to strengthen a child of tender years is to allow him to carry a couple of flat-irons around the room. This will help to develop the physique of the infant without any unnecessary expense attached thereto.

In the Public Eye.

STAMPED IN HIS FACE.

Every man more or less tells his own story in his face. We only need to look at what is printed on every face to read its inmost thoughts and feelings, passions, and even abilities.



THE LATE BISHOP HUNTINGDON.

In the late Right Rev. Frederic Dan Huntingdon, who was the first Episcopal Bishop of the Diocese of Central New York, we see depicted purity of thought, elevation of mind, strength of character, nobleness of purpose—an able philanthropist and an expert in literary matters. The names of the books he wrote will give some idea of the ability and versatility of the man in this direction. They are as follows: Christ in the Christian Year (two volumes), Advent to Trinity, Trinity to Advent, Good Talking a Fine Art, Good Manners a Fine Art, Home-keeping a Fine Art, Gospel and Judgment, Christian Believing and Living, Christ and the World, The Common Things of Divine Service, Forty Days with the Master, Helps to a Holy Lent, New Helps to a Holy Lent, Sermons for the People, The Fitness of Christianity to Man, Human Society: Its Providential Structure, Relations and Offices, The Golden Rule Applied to Social Life, Moral Cowardice: A Charge to the Clergy,

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Personal Christian Life in the Ministry, The High Calling, The Gospel and the People, The Work of the Brotherhood of St. Andrew, Definite and Positive, and Unconscious Tuition. Besides these, he wrote introductions to a number of works, contributed to reviews, magazines and papers, and prepared several hundred addresses and pamphlets. He wrote the pastoral letter of the House of Bishops for the General Convention of 1883.

Amherst College bestowed the degrees of S.T.D. and LL.D. on Bishop Huntingdon, Columbia gave him S.T.D. and Syracuse University L.H.D.

He possessed the mental temperament and was a man of high attainments and exceptional abilities.



MRS. G. H. GILBERT

MRS. G. H. GILBERT.

The youngest old lady or the oldest young lady says there is no such thing as age, and laughs at the idea of people getting old.

We are preparing a series of articles

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on old young people who have passed the milestone of eighty, and Mrs. Gilbert comes first, with her characteristic face at eighty-four. As for getting old, this venerable actress says there is no such thing as age except for people who have been bitten by the hookworm of laziness. "I'm young at eighty-four because I've never taken time to grow old. Keep on working and you'll keep on being young. Work is the fountain of youth Ponce de Leon and the rest of them were looking for. It has kept me from growing old.

"Though so far as figures and years go, I am the oldest living actress in harness, yet I am the youngest star on the American stage, and I feel as young and enthusiastic in my work as I ever did.

"Age, you know, is, as somebody said of Boston, not a fact but a state of mind, and I've never allowed myself to get into it," said this remarkable heroine of the stage, "and I'm looking forward to my first appearance as Granny as eagerly as a girl with a one-line part to her first part. Ever since I went on the stage, many years ago, every new piece has meant a new début. That's where a woman on the stage has the advantage of other women who have but one début in their lives, and grow old as they grow away from it. With us it is, to use an old quotation, as though a rose should choose to be a bud again every time we study a new rôle and look forward to presenting it.

"All my life I have lived quietly and kept regular hours. I've treated Time kindly, and, like the nice old gentleman that he is, he has treated me kindly in return, and that's all there is about it."

Her face betokens great refinement, keen perceptions, a penetrating insight into character, remarkable memory, and unusual method in her work.

We trust she may long delight the American public by her choice interpretation of character on the stage.



MME. LILLIAN NORDICA.

As we have been asked to give the photographs of some beautiful women, we have prepared a number of articles that will represent the various types of beauty. Mme. Nordica ranks first in this selection. She has not only beauty of voice, but the highest type of feminine beauty expressed in her countenance—exquisite eyes, a fine curve to her lips and chin and a symmetrically formed Grecian nose.

HON. JOSEPH G. CANNON,

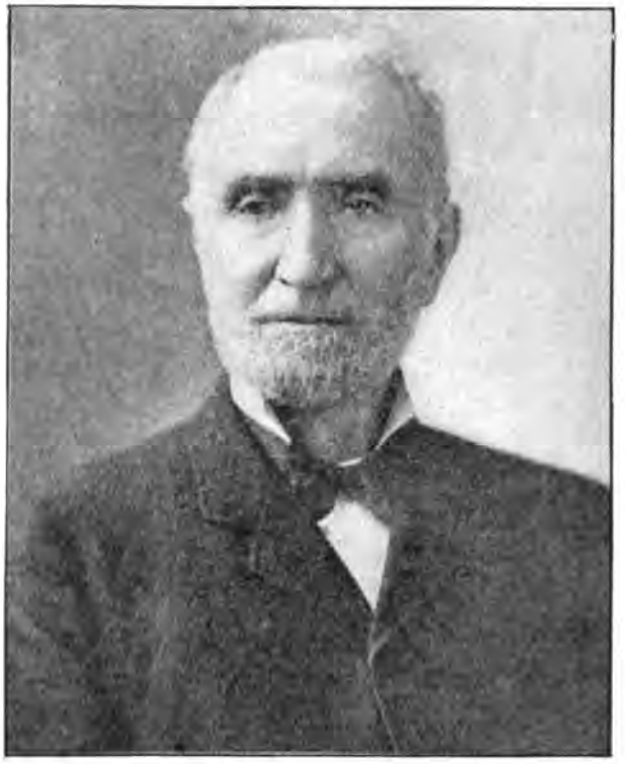
Speaker of the House of Representatives.

In Mr. Cannon we see expressed the motive-mental temperament—in about an equal degree. He has a strong, vigorous organization, full of life and enterprise. He has originality of mind,

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which fact is stamped upon his countenance, and anyone can see that he is one of the most modest of men. He is dead in earnest when he undertakes a thing, and recently, when called upon to make a speech for Mr. Roosevelt's nomination, he succeeded in making one of the wittiest speeches of the meeting. Though he makes no pretence as an orator, yet in debate he is powerful. No man can go more closely to the heart of a matter than he. He is credited with "a lack of conceit and force of expression."

He was born in 1836, and fifty years ago there were not many books on law in Illinois. He is original, clear-minded, combative, but wonderfully forensic and ready in reply. Not a man to give any license in an unjust cause. Thus he shows clearness of insight, and method in handling a subject. He despises "spread-eagleisms"; cares nothing for formalities, and dislikes high-sounding terms which mean nothing. He is not a tall man, but is five feet eight in height. Is rather slight, too, with stooping shoulders and loose-swung arms. Blue-steel deep-set eyes peer out from his gold-rimmed spectacles and ruddy countenance. His lips are thin with resolve, the upper one being shaven, but he wears a beard—possibly, as one writer suggests, to hide the squareness of his jaws; but, continues the critic, "if so the precaution is needless; his whole face bespeaks the man." So say we all.



HON. JOSEPH G. CANNON.

JOHN P. SOUSA.

Mr. John P. Sousa is a born musician. He has the right type of mind, the quality of organization, and the temperament to enjoy music. His ardency, sympathy, and warmth of sentiment show themselves very distinctly in the rotundity of his features. His voice must be the opposite in tone from

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that of Sir Henry Irving. He has a mellowness of character, as well as great force and distinctness of mind; and while he shows executive power, ability to lead and direct others, yet at the same time he is so full of enthusiasm and love for his work that he forgets himself in his passion for music. Thus the hard lines are softened and enthusiasm throws itself out into every department of his work. Thus we see in various characters how the disposition and career express themselves in the face of every one who can be distinguished for a certain class of thought

Mr. John Philip Sousa, is a famous conductor and popular composer of a symphonic poem, The Chariot Race; the march, Jack Tar; airs from The Bride-Elect; the march, The Stars and Stripes Forever; The Scenes Historical, Sheridan's Ride, and airs from Chris and the Wonderful Lamp, etc., makes a fine contrast from the Hon. Joseph G. Cannon and the late Rev. Frederic Dan Huntingdon, as he possesses the full vital temperament.



MR. JOHN PHILIP SOUSA.

EXERCISES FOR OCTOBER.

(*Continued from page 322.*)

to the one who sends us the best record of the time spent on these exercises by January 1, 1905. This should be sent to the Editor of Physical Exercise, Capt. Jack MacDonald, PHRENOLOGICAL JOURNAL, 24 East 22d Street, New York City. A similar prize is offered for the best record sent in by any gentleman who has worked out the exercises given the first six months of this year.

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THE

Phrenological Journal

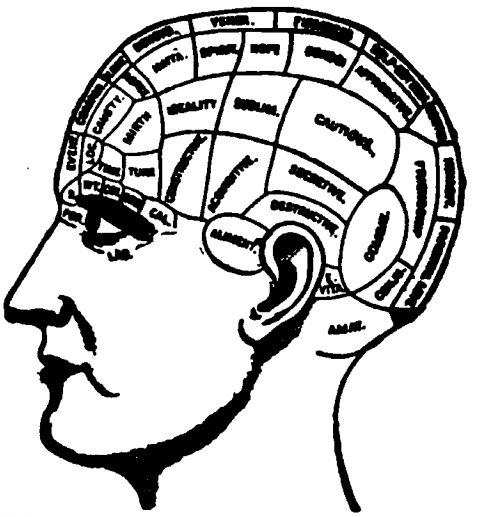
AND SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

Phrenological Magazine

(1880)



NEW YORK AND LONDON, OCTOBER, 1904

"Phrenology is the Grandest System of Mental Science."

AUTUMN LEAVES.

O bright-hued messengers are they
These Autumn leaves I found to-day
Within my path. To me they bring
Glad tidings, every leaf a wing.

The work-time dress of emerald sheen
Is changed for richer garb. I glean
This lesson: that the gifts of life
Are fairer at the close of strife;

That as we near the Autumn day
(If we have done our best alway)
We are arrayed in garniture
Full-wrought and fair that shall endure.

MARGARET ISABEL COX.

YALE GRADUATES AND THEIR WORK.

Now that education is at such a high ebb, it stands to reason that, with the development of the brain, there should be a corresponding thought given to the body, and at Yale during the present year many interesting facts have been culled. Three hundred of the entire class of 1904 come up to the average weight of one hundred and forty-six pounds. Out of three hundred members of the class, all but eight have decided on their future occupations. Two hundred and fourteen have chosen business. This is an increase of a hundred and two over the class of 1903, and ninety-seven per cent. have given definite answers and statistical blanks concerning future occupation. Fifty-two will study law. Last year's class sent out eighty-five to law schools. Ten will study medicine, as against twenty-five from last year's class. Three will enter the ministry. Seventeen will teach. One enters the pork-packing business; another is looking for a job, and one says he will sell coffins.

Facts concerning their weight are also interesting. The heaviest man in

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the class weighed 208 pounds and the lightest 103, the total weight being 43,879 pounds, 1½ pounds lighter than the class of 1903, but altogether a remarkably healthy lot. The tallest man is 6 feet 4 inches and the shortest 5 feet 3 inches. Fifty-three men are 6 feet or over.

THEIR CHOICE OF AUTHORS.

A vote on favorite authors shows that Dickens, Kipling and Thackeray occupy chief places in the order named in prose. Of the poets, Tennyson, Shakespeare and Browning received highest votes. Vanity Fair holds place over Ivanhoe; in fact, Scott seems to be held little in favor. As a historical character, Napoleon received the largest admiration and vote by far, exceeding greatly Lincoln and Washington.

Religious denominational preference is shown in the following order: Episcopal, 64; Congregational, 63; Presbyterian, 35; Roman Catholic, 15; the rest being divided between ten denominations, ranging from 9 to 1.

THE REAL TROUBLE IN THE SCHOOLS.

"Public attention should be fixed," says a Contemporary, "on the management of the schools. When that is done it will be realized that there is something amiss more serious than the question whether a few hundred thousand dollars can be shifted from one part of the budget to another. There is something radically wrong in the whole system of education here, and the waste is one not of hundreds of thousands, but of millions. And the money is the smallest part of the loss. The overshadowing wrong is the cost in the health, the minds and the lives of the children.

We have allowed a succession of theorists to stuff the public school courses with superfluities until a child who conscientiously tried to do all the work assigned would graduate into softening of the brain. Fortunately, most children have a healthy aversion to study, and contrive to slide through with nothing worse than the loss of the mental training that the schools are supposed to give them. After eight years of pumping into their heads bits of all the arts and sciences, from geology to sewing (think of that for American boys!), they leave the grammar grades incapable of making out a bill or writing a letter in decent English.

Unhappily there are others cursed with more alert minds and more sensitive consciences, who strain like racehorses at the plough to pull the loads piled up for them by unimaginative mandarins, and they work, some to the point of mental and physical breakdown and some even to that of suicide. This sacrifice of the innocents, and not the question of the waste of a few dollars here and there on school sites or unnecessary salaries, is the thing that really demands the attention of citizens, and, above all, of parents."

There would be but little waste of energy if Phrenology was properly and universally understood in our schools.

THOUGHT CULTURE FOR THE FLOWER GARDEN.

French gardeners are interested in an experiment in thought floriculture reported by Dr. Paul Edwards.

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According to the account, Col. Andrade, of Mexico, experimented with two flowers. At the beginning of the experiment both were growing well and were excellent specimens of plant life.

The first, by his thought, he is said to have endowed with courage, love, force, development. He communicated to it thoughts of sweetness and happiness; in short, he gave it all the moral support possible, and this flower gained very rapidly in size, beauty, suavity and perfume. It seemed to try to attain an ecstatic perfection, and whenever Col. Andrade approached it, it seemed to recognize and bend before him.

The other flower the Colonel disdained and turned from it in derision. In three days it drooped and in a month died.

Col. Andrade never touched either of the flowers.

The above fact, as published in the New York World, if followed up by other experiments, may prove to be highly interesting to all plant growers. We know many housewives, who have no reputation as professionals, who have the most beautiful flowering plants all winter, and according to their story they devote much thought and care upon them. We do not see why the disdainful thought should not have the opposite result.

REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

"The Foundation of All Reform; A Guide to Health, Wealth, and Freedom." A Popular Treatise on the Diet Question, By Otto Carqué. Cosmos Publishing Co., Chicago, Ill.; L. N. Fowler & Co., London, and Fowler & Wells Co., N. Y.

There always seems room for a new treatise on health, and although we have had books on every phase of the diet question, yet hardly any work takes up just the phase that the one before us succeeds in doing. The advice is sanitary, and the subjects treated upon are broad and comprehensive. Among them are the following: (1) "Man's Position in Nature," which answers the question, "How shall we live to develop the greatest energy and perseverance, mentally and physically, and at the same time enforce our resistance against weariness and disease?" (2) "The Chemistry and Physiology of Nutrition," which explains that the chemistry of our body is made up of from fifteen to twenty elements. This chapter includes diagrams of Villi of small intestine, and a diagramatic section of a Villus, showing the cells. There is also a chemical analysis of our principal food material, made from the reports of the United States Department of Agriculture. It includes also the amount of calories, which are the units commonly used in the measurement of the fuel value, or heat-forming qualities of food, and an illustration of a wheat kernel very much enlarged is also given. (3) Another chapter is on "The Raw Food Question." The writer is of the opinion that we should always bear in mind that when selecting and preparing our food, we can never improve on nature, and that everything that we can relish in its natural and raw state is best adapted for the nourishment of our bodies, and every cent spent on fruit is a good investment, which will return to us ample dividends in increasing our resistance against disease. Diagrams are also given in this chapter, which show the various proportions of the superiority of different kinds of nourishment. (4) Another chapter is on "The Superiority of the Fruitarian Diet." The writer comes to the conclusion that, after all the arguments we can bring forward from modern chemistry and physiology, plant foods, especially fruits, nuts, and grains, contain the needs of the body in far better proportions and in a much purer state than flesh foods, and that in any case the best of health, strength, and nutrition are not to be obtained by waste of time and money

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on elaborate food, when the simplest things are all that is required and readily accepted by our system; not only in the prevention, but also in the cure of all diseases, the most important factor will always be the immediate return to a simple and frutal diet, consisting mainly of the delicious, enlivening fruits, just as we receive them from the hands of nature. He says, "A glass of pure and unfermented fruit juice taken occasionally will greatly help to tone up the system, especially the brain and nerves." (5) Another chapter is on "Diet Reform, the Ultimate Solution of the Economical and Social Problems." In this chapter the writer gives some striking facts concerning the consumption of intoxicating liquors, and he considers the relation of diet through intemperance is well worth our careful and earnest consideration. He deplores the large sums expended annually for alcoholic beverages, and thinks that this deplorable state of things can be traced largely to the irrational and irritating nourishment of the majority of people, and quotes what has been often said, that "cooks make more drunkards than saloon-keepers." (6) The last chapter is upon "The Ethics of Diet Reform," following which is a table of a few daily dietaries for fruitarians, to be divided into two daily meals, taken at intervals of from six to eight hours, with the cost of each article, and the sum-total of a dietary for one week. The writer quotes the familiar Phrenological maxim, "Know thyself," which was the watchword of the ancient philosophers, and which maxim was engraved in letters of gold upon the front of the temple of Delehi. The book is well printed in clear type, on excellent paper, and contains some sixty pages odd. It should come within the reach of all who want a guide to health. The price is 50 cents.

THE FOWLER INSTITUTE.

The Fowler Institute will commence its winter session on the first Wednesday in October, when a lecture will be given by Mr. D. T. Elliott. The monthly lectures are open to the members and their friends. The November lecture will be given by Mr. Dimsdale Stocker.

The students' monthly meetings commence on the last Tuesday in September. We especially direct the attention of our past and present students to these meetings, which are held on the last Tuesday in each month. Arrangements have been made for special subjects to be discussed at these meetings, and opportunities will be given for the practical work. We shall be glad if our students will use special effort to make these meetings a success.

The following is the result of the examination held at the Institute in July last:

Mr. T. H. Butler, DIPLOMA.
Mr. David Williams, "
Mr. Ernest E. Smee, CERTIFICATE.
Mr. James Young, "
Mr. C. H. Trueman, "

The next examination will be held in January, 1905. We are now preparing the Phrenological Annual for 1905. This Annual is an excellent advertising medium for both American and English Phrenologists. We hope to receive reports from societies, and field notes from Phrenologists at an early date.

We congratulate the students on their success.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The forty-first session of the American Institute of Phrenology held its Opening Exercises on Wednesday evening, Sept. 7th, at eight o'clock. There was a good attendance of old friends, graduates, and new friends and students in the audience, and an enthusiastic welcome was accorded to all by various members of the Faculty.

The proceedings commenced by an introductory address by the Chairman of the evening and Vice-President of the Institute, Miss J. A. Fowler. This was followed by a Musical Selection given by Madame Anna Jewell, entitled, "Carnaval," by Schuman. Following this an address was given by the Hon. John S. Crosby, a report of which appears in another column of this journal.

At the close of this address, the announcements for the forthcoming lectures and meetings were given by the Secretary, Mr. M. H. Piercy. Another musical selection by Madame Anna Jewell, entitled, "Etude," by Chopin, was then given. This was followed by an address by the Rev. Thos. A. Hyde, B.D., A.M. The next speaker was Dr. C. W. Brandenburg, and following his remarks were those of Constantine F. McGuire, M.D.

Votes of thanks were offered to the speakers and the pianist, and the meeting closed with a reception among the friends and students present.

Miss Fowler said in part:

Ladies and Gentlemen—In the name of the Board of Trustees and Professors of the American Institute of Phrenology, I welcome you all this evening, and extend to you a

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courteous invitation to participate with us in the Forty-first Annual Session.

Since we last met much has been accomplished in the attitude with which Phrenology has been accepted by all classes of thinkers, and while we rejoice that much progress has been made of late in the Science of Mind, we are not unmindful of the corner stone that was laid in Phrenology by the pioneers of the cause, over a hundred years ago, in fact we can look back with pride to the thirteenth century when the philosopher and divine Albertus Magnus wrote and spoke on the subject. He divided the cranium into three regions, appropriating these from the forward part of the head backwards to the faculties defined by Aristotle, namely, Judgment, Imagination, and Memory.

Another marked period in the science of Phrenology recognizes Luigi Dolce, an Italian from Venice, who, in the sixteenth century (1562), carried his investigations further than Albertus Magnus, and in a chart of nine regions of the brain located as many mental powers.

It was not, however, until the eighteenth century that François Joseph Gall, a German physician, made a decided advance through his investigations of the brain, and began to lecture on the subject in seventeen ninety-six (1796), and after the nineteenth century opened, this illustrious man was associated in his labors by Dr. Spurzheim; in 1813 the subject began to attract considerable attention in England.

In this country the subject was brought into recognition in the early '30s by Dr. Charles Caldwell, of Kentucky. Dr. Spurzheim, who lectured in Boston; Geo. Combe, O. S. and L. N. Fowler, their sister, Mrs. Wells, and Nelson Sizer, all helped to popularize the subject in various parts of the country by lectures and cranioscopic examinations. And even the opponents to Phrenology are doing it a good turn by demonstrating the possibility of local motor centres being used for certain specialized emotions, such as Fear, Imitation, Cheerfulness, Language, and the gustatory centre, all of which have a corelation in the muscular control of the body. With such a birthright as Phrenology has been blessed with and cradled in, we take courage in looking forward with more than ordinary enthusiasm to its usefulness in the future, and we believe that the seeds so well sown in the past will produce good results in the future. Its exponents have been men and women of culture, refinement, and learning, and what we have to do in the future is to present it to the public in the same dignified manner as in the past, securing the thought and intelligence of the people in every department of learning. The great value of Phrenology lies in the fact that through its aid mental characteristics may be learned from an examination of the head; thus teachers and all the boards of education should study the subject from the standpoint of applied Psychology in so far as it is a system of mental philosophy founded on the physiology of the brain. It is not claimed that Phrenology is complete as a science or perfect as an art, but it is so far founded and established that it should receive universal recognition, and everyone here to-night who has proved the practical value of it for himself should become an exponent of the subject.

It is the grandest philosophy of the mind, and men and women who have been persuaded to look into the subject have found this to be the case. Every faculty of the mind is normally good, but one benefit of Phrenology is that it helps one to correct any abnormalities, and thus harmonize the whole character.

Our Institute offers you a cordial welcome. There is always "a tide in the affairs of men which, taken at its flood, leads on to fortune." Let each one who is undecided whether to take up the study or not choose for his motto "Carpe Dien," which, translated, is "Seize every opportunity." Make the best of them. Do it now.

J. J. Ingles has written the following inspiring lines on "Opportunity":

"Master of Human Destinies am I!
Fame, love, and fortune on my footsteps wait,
Cities and fields I walk; I penetrate
Deserts and fields remote, and, passing by
Hovel and mart and palace, soon or late,
I knock unbidden once at every gate;
If sleeping, wake; if feasting, rise before
I turn away. It is the hour of fate,
And they who follow me reach every state
Mortals desire, and conquer every foe
Save death, but those who doubt or hesitate,
Condemned to failure, penury, and woe,
Seek me in vain and uselessly implore—
I answer not and return no more."

Madame Anna Jewell, pupil of Raoul Pugno, Paris, is a distinguished pianist of New York City, and both of her selections were rendered with an intelligence and force which enabled her to captivate the audience in a truly enthusiastic way. One critic on discussing Madame Jewell's talent at the close of the evening said it was difficult to distinguish which was greater—the beauty of the performance or the beauty of the performer.

Steinway kindly sent one of his pianos.

For the remarks made by the Hon. John S. Crosby, we refer our readers to the opening article. He said he had made a special note of this meeting to his campaign friends, and was pleased to reserve that evening so as to comply with Miss Fowler's request for him to meet and welcome the friends and graduates on their opening meeting.

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His address was inspiring and uplifting in its influence, and many hearty handshakes were accorded to him at the close of the meeting.

At the close of his address Miss Fowler indicated in a few remarks the outline of his character, which made him recall the time when he was examined as a young man by Mr. Fowler.

The Rev. Thomas A. Hyde gave an excellent speech on behalf of Phrenology, and said in part that he did not see how anyone could be an unbeliever in Phrenology, who was willing to give any definite thought to the subject of form and personality. Phrenology was not only the grandest philosophy of the mind, but it was the only science that helped us to scientifically understand our fellowmen. Metaphysicians succeeded in puzzling their readers and listeners to their many complex and abstract forms of speech, such as molicular energy, etc., but the subject of Phrenology taught us that the brain was the organ of the mind and emphasized the fact that the various functions of the brain can be demonstrated through the faculties of the mind in a practical and useful way. Psychology has not the same opportunity of helping the educator in the training of the mind, for its explanations are far too laborious, unpractical, and abstract. He said he had studied the philosophy of Professor Bain, and when he was at Harvard College studying Psychology under Professor James he took occasion to write a book on the Study of Character, or the true basis for the Science of Mind, in which he corrected the criticisms of Professor Bain on the Phrenological system. He knew that many professors absorbed the tenets of Phrenology without being willing to acknowledge its usefulness. He believed that Phrenology was the science of all sciences, and remembered when he was a boy, he was allowed the use of a private library, and libraries at that time were scarce commodities, and it was considered quite a privilege to be allowed to use one. There were two books which interested him considerably. One was "The War of the Saracens," and the other was "Combe's Constitution of Man." One night when the boys wanted him to go out skating with them he replied he could not go, for he was too much interested in a book he was reading in the library, and when they asked him what it was, he said, "Combe's Constitution of Man." He believed that if people would put the right kinds of literature into the hands of children, instead of the dime novels, and the trash that is circulated to-day, that they would become interested in such works as he had just alluded to. Dr. Bain, Professor James, of Harvard, Dr. Ferrier in his experimental work, and Herbert Spencer, have all studied Phrenology up to a certain point, and whose writings he had to study when working for his degree at Harvard, but he confessed that with all his study of their works, he would be willing to wipe them all out in preference to the giving up of Phrenology, for by the latter you are able to learn the value of your own mind, and that was more than could be said of all the boast of materialism of the present day. If a person wished to be beautiful, he should develop his mind so that it would express itself in the features of the face. If a gentleman was very much in love with a young lady, he would not address a cloud that he saw in the sky and say to it endearing terms, but he would want to use his eloquence upon a living form and address his remarks to something more than a fleeting cloud. He advised the friends present to give to Phrenology a thorough study of the subject, and learn what kind of avocation each was adapted for. He believed that the public schools would be greatly benefited by teaching the principles of Phrenology just as Mr. Crosby stated that he had benefited much by studying "The Philosophy of Mind" and "The Constitution of Man" when he was a young student, which led him to include the study of Bain and Combe in his high school teaching many years ago.

Dr. Brandenburg, in a few concise words of welcome, greeted the students and explained that he would combine in an unique way the subject of Hygiene and Phrenology. He did not think that any other professor would touch upon the same ground as himself, and yet it was a very important branch of their study.

Dr. McGuire gave a short but cultured speech on "The Need of Phrenology in properly understanding the Use of the Will." A good many people to-day were talking about a Psychical power and the use of the Will, and the metaphysicians of to-day were endeavoring to convince people that they could will themselves to be well; that all they had to do was to believe they were what they wanted to be, and they would become such individuals. They spoke in a mystifying way of the soul, but he believed that if they would read Dr. Andrew Combe's work on "The Training of Infancy," mothers would give to children a much better idea of what they needed to know; by a knowledge of Phrenology we are made aware of our possession of the organs of Veneration and Spirituality. These were the faculties which helped us to appreciate our Creator, and believe in the mediating power of Jesus Christ, instead of believing that Divine Will was entirely centred in ourselves and that we had no need to call upon a higher power.

Phrenology has the natural inclination to encourage all men to seek Divine Grace and through prayer to seek strength to understand one's duty towards oneself, one's God, and one's fellow-men.

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TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

Jeanie Fraser—Edinburgh.—This young lady possesses an active mental temperament, keen critical abilities, and sharp perceptive powers; she has a capital memory, and in her school work will make rapid progress. She should be trained for teaching, for she will eventually want a position where she will have the opportunity of directing and influencing other minds; she can easily impart knowledge, in conversation she is always interesting; she is sensitive, cautious, and precise in her work; she also is very sympathetic, affectionate, and conscientious in what she does. Be careful not to overwork her; see that she has plenty of opportunity for physical exercise.

759.—F. H. R., East Springfield, Pa.—This child was designed by nature to live a happy, healthy life. She is well equipped to perform intellectual duties, and we believe she will show an excellent memory and musical talents above the average. If we are not mistaken in the photograph, she shows a fulness across the brow above the angle of the eye, which indicates a large development of Tune, while Time and Weight are not deficient, and she should not only show capacity to play by the ear, but also have the patience to work out the theory of music. She has keen sensibility, is a wide-awake child, and will endear herself to old and young alike. Were she to take up teaching, she would manifest aptitude in understanding her pupils. If managed aright she will show a loving and affectionate nature.

760.—F. S., Dallas, Texas.—Your photograph indicates that you have a good development of mental power, which should enable you to get along first rate where an ingenious business calls you out, or in a profession, where you could use your talents to even a better account. It will not be easy for you to go through life in an idle way. You must be occupied in order to feel in your element. You have more ideas than you know what to do with, and will generate a good deal of thought in the direction of mechanical contrivances. You will not make so good a farmer as a mechanic, and not so good a speculator as an investor of money. Study and improve your mind, and accumulate technical knowledge and you will some day repay yourself for all the trouble you take now in making a preparation for the future.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY *will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.*

IF YOU USE A PSEUDONYM OR INITIALS, *write your full name and address also. Some correspondents forget to sign their names.*

F. S., Illinois.—It is a demonstrated fact that the brain changes in activity, and that different organs are increased in size by activity. It would be a great pity if we were unalterable, and our brains were the same day in and day out throughout life. Everyone should take courage and endeavor to develop their individual powers by careful exercise. Then they would find the real benefit of studying mental science as applied to the various necessities of a character.

L. P., California.—Your question, "Do you think it would be advisable to send your boy to school, and allow him to be forced in his studies as fast as his teacher wants him to go?" in answer to which we say you had better consider the boy's health and help him to keep within the limit of his strength. The teacher may be well-meaning, and anxious for the progress of the boy, but you who are his parents have a deeper interest in his welfare, and therefore must decide what is really for the boy's good physically as well as mentally. He will be able to sustain himself later on in life if he is bright and intelligent, but if he is forced now to do work that makes him come home with a headache and takes away his color, or saps him of vitality, you will find that however brilliant he is in examinations, when he wants to begin his real work in life it will be difficult then for him to show the necessary qualifications.

Mrs. Marigold: "How do you happen to be so much brighter than other people, Mr. Author?"

Mr. Author: "Well—er—you see, the criticisms of my books make me smart."—Kansas City Journal.

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NEWS AND NOTES.

PHRENOLOGICAL CONFERENCE.

On the morning of October 28th, the annual Phrenological Conference will be held, when papers will be read by or from the following Phrenologists:

Mr. D. T. Elliott, of London, "The Practical Art of Character Reading." Mr. Allen Haddock, of San Francisco, "Phrenology and the New Thought." Mr. J. M. Fitzgerald, of Chicago, "The X-Ray of Phrenology." Mr. James Webb, of London, "The Measurement of the Heads of School Children." Mr. Levi Hummel, Pennsylvania, "Phrenology and its Objectors." Mr. Wm. E. Youngquist, of Sweden, "Phrenological Footprints in Sweden." Mr. J. M. Severn, of Brighton, England, "Phrenology and its Usefulness in Business." Mr. J. T. Miller, Salt Lake, "Historical Reminiscences of Phrenology." Mr. Sargent, New Haven, "The Latest Researches in Phrenology." Miss Lutze, Trenton, "Why Women Should Study Phrenology." Miss Irwin, New York, "Phrenology in the Light of Education." Miss Jessie A. Fowler, New York, "Modern Phrenological Discoveries."

It is hoped that many friends will reserve the morning and evening for Phrenology.

In the evening of the 28th, at six o'clock, the Annual Dinner has been arranged to take place at Miller's Hotel, 41 W. 26th St., New York City. Tickets, $1.

At eight o'clock, the Closing Exercises of the American Institute of Phrenology will be held, when an interesting programme will be given.

Mr. Allen Haddock is located at San Francisco in Phrenological Work.

Having delivered a course of lectures on Phrenological Psychology in the College of Medicine and Surgery, to the junior and senior classes in 1890, Mr. J. M. Fitzgerald has been requested to fill the chair of Psychology in the College of Medicine and Surery of Chicago during the coming year.

Mr. M. Tope, of Bowerston, Ohio, is devoting his time to Phrenology.

From the Land of the Midnight Sun comes a copy of "The Phrenograph"—two numbers in one. In future this periodical will be issued once a quarter. The editor, Mr. Wm. E. Youngquist, has, it states, been busy lecturing several times a week since the commencement of the year, and has attracted large audiences. His paper has been circulated throughout Denmark, Finland, and Sweden.

Henry Humphreys, class of 1896, is located in St. Louis, Mo., where he has opened an office.

Ira L. Guilford, Class of 1876, says: "I am doing splendidly here lecturing and giving readings."—Los Angeles, Cal.

"Enclosed please find P. O. money-order for $7 for 100 Fowler's New Chart, as you sent before. As you will see by the above address, I am now back to Toronto—after a three years' most successful tour through Ontario and Quebec—where I intend to remain for a short time, previous to my trip to the Northwest Territory.

"E. J. O'Brien."

H. H. Hinman, Fort Worth, Texas, is still examining.

D. F. MacDonald is at St. Louis doing professional work.

J. P. Wild is also at St. Louis.

George Morris is still at Portland Heights, Oregon.

Levi Hummel has been lecturing in Newport, Pa.

B. F. Cooper, Cranbrook, B. C., Canada, is engaged in Phrenological work.

Owen H. Williams, Philadelphia, is working along Phrenological lines in Philadelphia.

Alice M. Rutter has returned from Atlantic City to her winter quarters, and is receiving callers there.

George Cozens has been lecturing in Manitoba. He is located permanently in Hamilton, Ontario.

FORM OF BEQUEST OF BRAIN.

I, ..., now of ....., born ....., of ..... nationality, educated ....., recognizing the need of studying the brains of educated persons rather than those of the ignorant, criminal, or insane, in order to determine their weight, form, and fissural pattern, the correlations with bodily and mental powers of various kinds and degrees, and the influences of sex, age, and inheritance, hereby declare my wish that, at my death, my brain should be intrusted to the curator of the American Institute of Phrenology, for scientific uses, and for preservation. I ask my relatives to notify the proper person promptly of my death; if possible, even of its near approach.

Signature .....

Date .....

Witness .....

The following duplicate is to be torn off and returned to The Institute after the signature has been attached:

I, ..., now of ....., born ....., of ..... nationality, educated ....., recognizing the need of studying the brains of educated persons

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rather than those of the ignorant, criminal, or insane, in order to determine their weight, form, and fissural pattern, the correlations with bodily and mental powers of various kinds and degrees, and the influences of sex, age, and inheritance, hereby declare my wish that, at my death, my brain should be intrusted to the curator of the American Institute of Phrenology, for scientific uses, and for preservation. I ask my relatives to notify the proper person promptly of my death; if possible, even of its near approach.

Signature .....
Date .....
Witness .....

The brains of many distinguished men and women have been preserved, among them those of Dr. Spurzheim's in 1832 and Mr. C. Fowler Wells.

A PATHOLOGICAL CASE.

MENTAL JAUNDICE.

An Affliction Which Is Especially Hard on the Patient's Friends.

A new disease, or at least a new name for an old disease, has been discovered by a noted brain specialist of London. It is mental jaundice. Worrying over trifles is one cause. Greed, pride, and prejudice are others. Whatever the cause, the effect is to make one look upon this beautiful world of ours with discontent and to find continual fault with our fellow travellers toward the grave, writes Robert Webster Jones in the September "Housekeeper." "Let a person once become infected with this disease," says the specialist, "and nothing but the most rigorous measures will effect a cure. I believe mental jaundice is on the increase, especially among the upper classes. It is the source of more unhappiness to the patient as well as to those about him, than almost any other disease. Physical jaundice produces yellowness of skin, which, after a while, becomes yellowness of the eyes. This produces a condition of the eye which makes the patient see everything yellow. Mental jaundice is analogous. Its victim sees nothing in its true colors or proportions. Everything is distorted by his diseased mental condition."

What is the remedy? The specialist does not say, but it may be assumed that the cure rests almost wholly with the patient. Optimism may be made a habit as well as pessimism. It is well within any one's power to open the windows of his soul and let in the sunshine. Cheerfulness produces both mental and physical health. Let us avoid getting into that condition which invites mental jaundice. It is best combated by a smile on the face and a song in the heart.

KNIFE REMOVES CRIMINAL INSTINCT

Incorrigible Boy Made Good by a Surgical Operation on Growth Under His Skull—His Disposition Changes—Surliness and Ungovernable Temper Disappear and Youth's Mental Faculties Show Improvement.

Indianapolis, Ind., Tuesday.—The correction of criminal instincts by a surgical operation is the latest feat of the Juvenile Court.

Jesse Beard, fifteen years old, was brought into Juvenile Court in March by his mother, Mrs. Matilda Beard, of No. 652 Arch St., and was charged with being incorrigible. He had been away from home five days, and the mother and sister of the boy thought that he should be put in some institution where he could be managed. Pending an investigation of the case, Mrs. Helen W. Rogers, chief probation officer, and others of the court conceived the idea that a physical defect was responsible for the lad's mental attitude.

The mother and sister then remembered a fall received by the boy when three years old. He had struck his head on a rock in a stream where he was wading. Dr. Kohlmer's examination showed a concave formation of the skull where it should have been convex. Arrangements for an operation were made, but they were not carried out until July 5, as the boy had run away in the meantime.

The operation by Dr. Kohlmer involved the removal of three pieces of the skull, on the under side of which he found thick growths pressing against the head. The boy was allowed to leave the hospital fourteen days later, well and strong as ever, but showing a remarkable difference in his manner. The old surliness and ungovernable temper were gone and he was perfectly amenable to the wishes of his mother.

The mind of the boy has cleared and he seems extremely bright. It is believed that he will learn rapidly in school and make up for the worthless years. He understands what has happened to him and says he is very thankful to the court and to the doctor.

He will enter a special school in connection with Shortridge High School, maintained for truants and backward students, this week. The boy has not been in school for three years because of his incorrigibility, and at the time he was taken out of school he had reached only the second grade—the class of boys eight years old.

Surgery is helping to prove the truth of Phrenology.

Things don't turn up in this world until somebody turns them up.—James A. Garfield.

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A GRAPE A MINUTE.

To eat a grape a minute for an hour at a time, and to repeat this performance three or four times a day, eating very little else meantime but dry bread, may seem a monotonous way of spending the time. This treatment works wonders for thin, nervous, anaemic people, whose digestions have got out of order from worrying or overwork. It is no mere quack prescription, but a form of cure recognized and advised by many well-known physicians. Grapes are, perhaps, the most digestible of any fruit in existence. Many of our common fruits are just as useful and much nicer than doctors' prescriptions. The apple is an excellent purifier of the blood.

THE DANGER OF BEING ALIVE.

The "Southwestern World" publishes the following sarcasm in reply to the theories of the bacteriologists:

"Drink water and get typhoid fever. Drink milk and get tuberculosis. Drink whisky and get the jim-jams. Eat soup and get Bright's disease. Eat meat and encourage apoplexy. Eat oysters and acquire toxæmia. Eat vegetables and weaken the system. Eat dessert and take to paresis. Smoke cigarettes and die early. Smoke cigars and get catarrh. Drink coffee and obtain nervous prostration. Drink wine and get the gout. In order to be entirely healthy one must eat nothing, drink nothing, smoke nothing, and even before breathing one should make sure that the air has been properly sterilized."—Copied from "Human Nature."

FEMININITIES.

You may be sure of one thing in this world of uncertainties, and that is that when a woman says she doesn't care she surely does.—Chicago Record-Herald.

"As to a woman being 'as old as she looks,'" observed the bachelor uncle, "it depends upon how early in the morning you see her."—Chicago Tribune.

However conceited she may be, no mirror can make a girl look as beautiful to herself as she looks to the young man who is in love with her.—Somerville Journal.

Small waists are no longer in style. It's the round plump waists that come by taking Hollister's Rocky Mountain Tea; that's all the go. 35 cents. Tea or tablet form. H. A. Tice.

I ask not wealth, but power to take
And use the things I have aright;
Not years, but wisdom that shall make
My life a profit and delight.

—Phœbe Cary.

SENSE AND NONSENSE.

There is so much learning in the world just now that good, old-fashioned common-sense looks like foolishness.

Innocence alone ought to take you safely through this life; but, like it does the lamb, it will desert you the first lion it meets.

When a man slips from the top round of the ladder he is sure to fall clear to the bottom, and hit hard where he strikes.

The man who can't give advice, nor won't follow other people's, is just about as near a fool as there is any fun in being one.

There are people who owe many of their virtues to economy; they are simply too stingy to pay the market price of iniquity.

There are some men so limber that you can't help them; you might as well undertake to make an angleworm stand up on end.

There should be the same law enacted against carrying wit on a man's person that there is against carrying concealed weapons.

There is no one so cunning but he can be beat at his own game, and none so wise but he will often have occasion to marvel at his ignorance.

Mere talent, to a literary man, isn't worth half as much as lively impudence. No man should chain himself to a pen and inkstand unless he has genius.

Towns: "Bighed had a signed article in the paper yesterday; printed as he wrote it."

Brown: "I suppose he's very pleased."

Towns: "Not exactly. The article reads: 'Dear Editor—John Bighed is one of the handsomest and most popular young men in uptown society. Please print this in your society column and oblige, yours truly, John Bighed.'"—Selected.

Superintendent: "We are likely to have a brisk sale of chinaware this year, Mr. Tiler."

Floorwalker: "What makes you think that?"

Superintendent: "I see it stated that long flowing sleeves are coming into fashion."—Boston Transcript.

"Do you believe," said the lady with the sere and yellow, that the good die young?"

"How could I?" exclaimed the flatterer, "how could I, and you so good—er—that is——"

"Sir!"—Baltimore News.

"How does your nephew like it out in Kansas?"

"He likes it well enough, I guess. He writes me that he's going to stay there. He's got both a tornado cave and a flood tower on his farm."—Chicago Tribune.

"George certainly is a man of action."

"What has he done?"

"Why, the very next day after the heiress accepted him he gave up his job at the bank, and joined the Don't Worry Club."—Cleveland Plain Dealer.

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The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of **FOWLER & WELLS CO.**

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CURRENT EXCHANGES.

"Human Nature" — San Francisco. — A portrait and sketch of Miss J. A. Fowler is given in the September number among other articles from the pen of the able editor, Mr. Allen Haddock.

"The Review of Reviews"—New York—contains some interesting articles on the present political situation. The illustrations are up-to-date and lend much value to the publication.

"The Pacific Medical Journal"—New York—has always some helpful articles to interest medical and non-medical readers.

"Indiana Farmer" — Indianapolis — contains "Farming News for the West." It is an old-established paper and has increased in size quite recently. The number for September 10th is called "The State Fair Number" and contains "Views on the Indiana State Fair Grounds."

"The American Medical Journal"—St. Louis.—The September number is unusually interesting.

"The Popular Phrenologist"—London.—There are articles of interest by Dr. Wittemshaw, Mr. James Webb, and Mr. J. Millott Severn on Anatomy, Education, and Business.

"The Club Woman"—New York.—Every month a new cover graces the outside of this journal. The articles are written with spirit and are illustrated with fine portraits of ladies from many States.

"Home and Farm"—Western Edition.—Garden items are given for farms of small dimensions.

"Human Culture"—Chicago.—The continued article on "Temperaments" is illustrated with portraits of the king of England, Abraham Lincoln, etc.; Mr. Lungquist writes an article on Phrenology for the September number.

"Mind"—New York.—Edited by Charles B. Patterson, always contains some terse and original articles on the questions of the day.

"Lippincott's Magazine"—Philadelphia.—The stories are short and finished in each number. They are always bright and attractive.

"The Literary Digest"—New York.—The number for September 10th contains portraits of the two "Opposing Commanders in the Far East," which are interesting from a Phrenological standpoint. There are other portraits such as Wm. Hazlitt, "A Master in the Art of Impassioned Recollection"; Theodore Thomas, who is called "The Dean of the Orchestral World," and who has been engaged in musical work for forty-two years, and others.

"The Phrenograph," Sweden, is stirring up this northern country on Phrenological lines as it has never been stirred before.

"The Newark Evening News"—Newark.—Is a thoroughly up-to-date paper. It contains many items of news of world-wide interest which do not appear in even city papers, and must be a financial success.

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PUBLISHER'S DEPARTMENT.

"Please find enclosed P. O. money-order for $1 for one year's subscription to the PHRENOLOGICAL JOURNAL. It is a most interesting paper that I would not care to do without.

"J. L. P.,
"New Orleans, La."

Walnut, Ill., July 26, 1901.
Mr. Eugene Hall, Chicago, Ill.:

Dear Sir—Pardon delay, but in answer to Hurst Bros. of Hutsonville, Ill., page 3, "Criterion," July 8, would call their attention to "How to Keep a Store," by Samuel H. Terry, published by Fowler & Wells, New York, and if these gentlemen will get it I am sure it will benefit their new clerk very much.

The first three volumes of the History, prepared by Mrs. Elizabeth Cady Stanton, Miss Susan B. Anthony and Mrs. Matilda Joslyn Gage, brought the record of this movement to the early '80's. Volume IV, by Miss Anthony and Mrs. Ida Husted Harper, brings it to the beginning of the new century and shows the fruit of the early struggles.

This book contains not only the complete story of the efforts to secure the franchise, but it describes also the collateral gains. The laws for women in every State are set forth, their educational and industrial opportunities, the amount of suffrage they already possess, and how it was obtained, the offices they are filling and many other points of general interest.

One chapter is devoted to the status of the question in Great Britain—where women now have all but the Parliamentary franchises—and in her colonies, including Australia, which has just conferred the full suffrage on its 800,000 women.

The chapter on National Organizations of Women is believed to be the most comprehensive statement yet made on this topic.

In the chapters describing the many conventions of the National Association is presented the full argument for Woman Suffrage, considered from every point of view by the ablest speakers. This will render the book invaluable to those preparing debates, papers for clubs, articles for newspapers and magazines, or simply making a general study.

The volume is filled with live, up-to-date, trustworthy information, and is so thoroughly systemized and fully indexed that there will not be the slightest difficulty in finding any desired subject, although it contains over 1,000 pages.

As this question is destined in the near future to be one of the leading issues before the people, and as information concerning it is scattered and unreliable, this new book cannot fail to be regarded as a most interesting, important and much needed contribution.

The History of Woman Suffrage in four volumes may be ordered of Fowler & Wells, 24 E. 22d Street, New York City. Price, express prepaid, single copies, cloth, $3. Full set, cloth, $12.

The American Institute of Phrenology, 24 East Twenty-second Street, New York, will hold its first regular monthly lecture in the hall of the Institute, Tuesday evening, December 6, 1904, at eight o'clock.

The Phrenological Annual and Register will be issued on January 1, 1905; price, 25 cents.

The Philosophy of Water-Cure. The Development of the True Principles of Health and Longevity. By John Balbirnie, M.D., with the Confessions and Observations of Sir Edward Lytton Bulwer. Price, paper, 25 cents.

EXAMINATIONS BY PHOTOGRAPHS.

Inquiries are often made whether we can give a satisfactory examination from photographs.

Thousands of people would be glad to obtain from us a careful delineation of character and talents, but they live so far away from our office that they cannot incur the expense of coming. Such will be glad to know that they can procure, for the purpose, properly prepared photographs, with all the required measurements, and then receive from us a phrenological examination with advice as to proper occupation or choice of a business partner or life companion.

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with him that, to an observer, he scarcely seemed to breathe at all; yet by practice he so developed his lung power and lung expansion that he could inhale air for four or five minutes. It will tax a beginner to inhale air gradually for one minute.

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Wife (sobbing): "T—the cook left t—this morning, and I h— had to get the d—dinner myself. I—"

Husband (cheerfully): "Oh, that's it, eh? I was wondering what made it so much better than usual."—Chicago Daily News.

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But here comes an element of delusion—the amount of power possessed bears an *inverse* not a *direct* relation to the amount manifested. Whatever increases the manifestation of power reduces the amount remaining, while what properly *reduces* manifestation increases the amount really possessed.

Tonics, stimulants, excitement, work, all increase the manifestations of power, giving a feeling of strength, while sleep and rest reduce them. The one exhausts and the other recuperates; the one decreases the power of life and the other saves it.

Sleep makes us strong in the reaction by taking away strength in the present; tonics and stimulants make us weak in the reaction by calling up and expending the power we already have. No drug or bath or other agency can yield what it does not possess, and it has no vital power. The power it seems to give is the power it is taking out of the patient.

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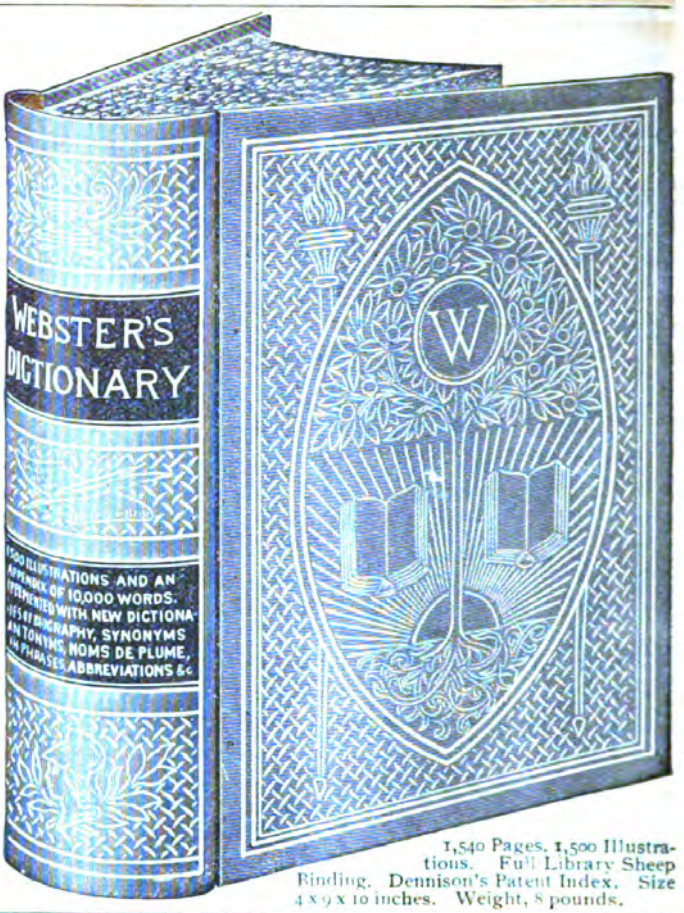
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CONTENTS FOR NOVEMBER, 1904

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PAGE

I. **Longevity and Some Worthy Examples.** By J. A. Fowler. Illustrated 341

II. **Practical Psychology.** Character - - - - - - - - - - - 349

III. **The Science of Health.** Notes by E. P. Miller, M.D. The Late Butcher Strike. Health Habits. Violating Nature's Laws. Concerning Floor Coverings. Alcoholic Stimulants. Exercises for November, by Capt. Jack McDonald - - - - - - - - - - - - - - - - - - 351

IV. **In the Public Eye.** Admiral Sir John Fisher, by Prof. D. T. Elliott. Boy Pyromaniac's Character Is Analyzed from a Study of the Formation of His Head, by Prof. J. M. Fitzgerald. Illustrated - - - - - - - - 355

V. **The Psychology of Childhood.** Master John MacCabe. Master R. S. Durrant. By Uncle Joe. Illustrated - - - - - - - - - - 359

VI. **The Diagnosis from the Eye.** By Otto Carqué. Illustrated - - - 362

VII. **Editorials.** Let Us Give Thanks (Poem), by Margaret I. Cox. The Brain, the Most Patient Organ in the Body. Longevity. What We Shall Be in Seven Hundred Years. Rays of Blue - - - - - - - - - - 365

VIII. **Reviews.** "The Story of the Red Cross" - - - - - - - - - 367

IX. **To New Subscribers** - - - - - - - - - - - - 368

X. **Our Correspondents** - - - - - - - - - - - - 369

XI. **The Fowler Institute** - - - - - - - - - - - - 369

XII. **The American Institute of Phrenology and Field Notes** - - 370

XIII. **Thanksgiving** (Poem). By Sarah E. Baker - - - - - - - - 371

XIV. **Personals.** "Grace Greenwood." Thackeray's Head. Personal Tastes. The Sultan and the Opera-Hat. Longevity. Dr. Dale on Solidarity. Primitive Surgery. Cold Weather Ailments. The Witless Who Sneer (Poem) - - 371

XV. **Sense and Nonsense** - - - - - - - - - - - - - 374

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CONTENTS

PREFACE.

PSYCHOLOGICAL INTRODUCTION.

TECHNICAL INTRODUCTION.

FIRST PART:

A. Voluntary thinking.

B. Conscious willing:

I. Undertaking kind.

II. Resisting kind.

SECOND PART:

A. Mental gifts.

B. Æsthetical gifts:

I. For music.

II. For painting and plastic arts.

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IV. For dramatic arts.

C. Gifts of humor and wit:

I. Humor.

II. Wit.

D. Ethical gifts:

I a. Kindness.

b. Wickedness.

II. a. Cheerfulness.

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III. a. Truthfulness.

b. Untruthfulness.

IV. Distrustfulness.

V. a. Courage.

b. Lack of courage.

VI. a. Self-confidence and self-esteem.

b. Lack of self-esteem and self-confidence.

VII. a. Vanity and conceit.

b. Freedom from vanity and conceit.

VIII. Selfishness.

IX. a. Activity.

b. Lack of activity.

X. Domineering qualities and sense of ambition.

XI. a. Dignity and aristocracy.

b. Lack of dignity and aristocracy.

XII. Emotionality and lack of emotionality.

XIII. a. Liveliness.

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XV. Physical moderation and immoderation.

XVI. Neatness and lack of neatness.

XVII. a. Generosity.

b. Stinginess.

XVIII. Talkativeness.

XIX. Inquisitiveness.

THIRD PART:

A. Mental diseases:

I. Abnormal signs in the involuntary part of handwriting.

II. Abnormal signs in the voluntary part of handwriting.

B. Bodily diseases.

APPENDICE.

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transmission. They would then give to their children tendencies which would enable them to live to be octogenarians, and also give them the best of health and the finest mentality.

In speaking of Heredity, we mean the transmission of the tendencies in a physical and mental direction, not the actual inheritance. We say, therefore, that we inherit a tendency toward a certain form of character, and it rests with ourselves whether we care to increase or decrease that tendency.

A person may have a father or mother who are addicted to dypsomania, but if the children do not encourage a taste for alcohol in any form from infancy to old age, they will not excite any tendency that may exist in their system toward drinking habits.

It is harder for a Jew to get away from his Jewish tendencies, because this nationality generally selects those of their own race, and thus the tendencies they have inherited stamp themselves more permanently upon the offspring than when a Jew marries outside of his nationality. The Heredity of races is noticeable in their color, as for instance, the Caucasian remains white, the Negro black, the Indian red, the Mongolian yellow, and the Malayan brown.

We also find that tendency is inherited in plants and animals, unless new combinations and surroundings are introduced, as is the case with a man out in California who is able to make any variation he wants with his plants, through his long study of Hereditary



Photo by Rockwood.

RUSSELL SAGE, OF NEW YORK, THE OCTOGENARIAN FINANCIER.

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influences, tendencies, environments, and combinations. In plants we find the hereditary influences show themselves in the form and color of the flower, but we also know that variations can be brought about, as there are green pinks, poppies, etc.

Children must decide whether they are going to accentuate their tendencies, and whether they intend to improve the inherited influences that have been thrown around them.

Along with the question of Heredity comes the allied subject of inherited Longevity. Some persons inherit the tendencies to long life, and there are indications which are unmistakable, while other persons inherit the tend-



Photo by Rockwood.

MRS. ELIZABETH CADY STANTON, THE OCTOGENARIAN SUFFRAGIST.

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ency to short life; yet all can extend their years of being by knowing the laws of life and health.

Persons having a Scotch ancestry naturally find it easy to extend their lives into a noble old age, and many are the examples of this kind.

The clever octogenarian sculptor, Mr. Wilson MacDonald, along with a number of other well-known octogenarians, are worthy examples of hereditary influence from well-sustained stock. All of them have been men and women who have shown extraordinary vigor at the age of eighty, many of whom we have had the pleasure of examining.

Mr. Russell Sage, the busy financier, Julia Ward Howe, the author of "The Battle-Hymn of the Republic," and the wife of Dr. Howe; Miss Susan B. Anthony, the pioneer suffragist, writer and speaker; Henry G. Davis, who has been nominated for the candidacy of the Democratic Vice-President; Dr. Theo. L. Cuyler, pastor and author; Rev. Thos. Gallaudet, the philanthropist, and worker among deaf mutes; Mrs. Elizabeth Cady Stanton, the eloquent speaker on Suffrage and voluminous writer; Mrs. G. Gilbert, the clever actress; Professor Virchow, the able scientist; Wm. Ewart Gladstone, the famous English statesman; Pope Leo XIII; King Christian, of Denmark; O. S. and L. N. Fowler, Mrs. C. F. Wells, Nelson Sizer, Mr. John L. Capen—the last five forming a quintette of aged Phrenologists.

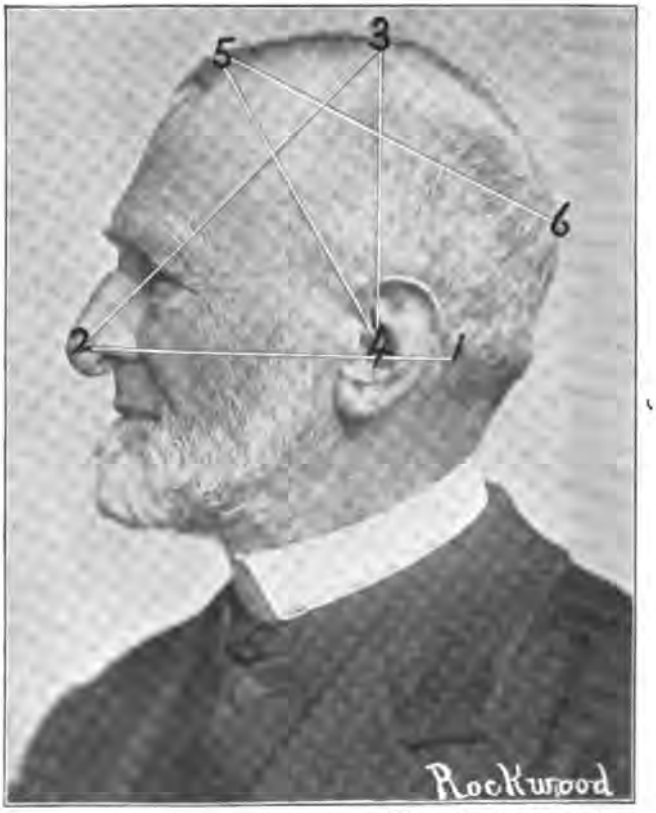


Photo by Rockwood.

REV. THOMAS GALLAUDET, D.D.,

The Octogenarian Worker Among Deaf Mutes.

Mr. Wilson MacDonald is a remark-

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able instance of the preservation of talent into a ripe and mature age. He was born at Steubenville, Ohio, of Scotch parents. His father's people were Highlanders, while some of his ancestors settled in the north of Ireland and became rich merchants. His father was an able mechanic, and afterward became a high official in the Government, and threw his energies into politics, and could have become an able judge.

The size of Mr. MacDonald's head shows that he came from Scotch ancestry, for the Scotch heads are large, and the Aberdeen hat is known throughout the world as being a long way above the average. He possesses a circumference of head of twenty-three inches by fifteen in height and length. The caliper measurements are: Width of head, six inches; length of head, seven and a half inches; anterior measurement, from the opening of the ear to the root of the nose, four and a half inches; posterior measurement, from the opening of the ear to the occipital spine, four inches and one-eighth; center of ossification of the parietal bone, five and a half inches; frontal arch, four inches; coronal region, five and five-eighths inches; opening of the ear to Human Nature, five and a half inches.

The Mental Temperament shows to a good advantage in Mr. MacDonald's organization, and as it is joined to a superior quality, or tone of mind, he has been able to make an ample use of his large and vigorous brain, and his talent has been only equaled by his industry.

His weight of body only pulls down the scales at a hundred and fifty-five pounds, and he stands erect at five feet ten; thus he is the reverse to being corpulent, and ought to weigh at least a hundred and seventy-five pounds for his size of head and stature.

He is an exceedingly abstemious



Photo by Rockwood.

MISS SUSAN B. ANTHONY,

The Octogenarian Speaker, Writer and Suffragist.

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man, and always has been, never having given way to his appetite, but has used his brain as an omnivorous student all his life. At the age of seventeen he joined the Temperance Society, when the temperance cause broke out in Philadelphia, and has always been in favor of temperance, and has never drank liquor in his life. All his people were drinkers of whisky and gin, but he never would take it, because he knew it was injurious; succeeded in saving many from drinking habits. He was an able speaker for the temperance cause.

His height of head indicates that he has strong, definite principles, and these he has shown in being a bold, liberal thinker, and must have got into a good deal of trouble as a general reformer, for he has joined nearly every reform that came along.

When examining Mr. MacDonald's head we mentioned that he would be an excellent exponent on reformatory topics, and this remark brought out

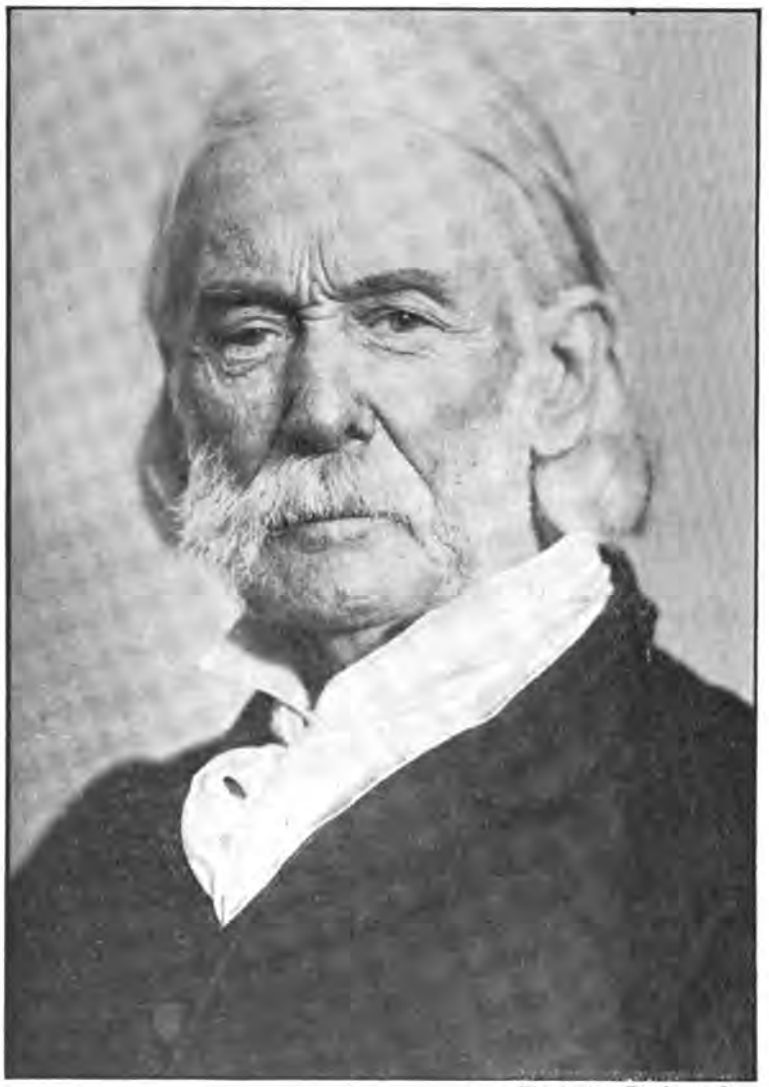


Photo by Rockwood.

MR. WILSON MACDONALD, THE OCTOGENARIAN SCULPTOR.

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the fact that he had been a stubborn reformer and fighter all his life; no fighter in the sense of being a pugilist, but, as we remarked, able to overcome impediments and difficulties, and capable of showing a mental fight whenever the cause called for true enthusiasm. Mr. MacDonald said, "I am opposed to war, and am a thoroughly peaceful man, but am willing to fight anybody who would attack me in defending a cause; but I would not bring on a fight."

His Conscientiousness, Firmness, and Combativeness have helped him to clear the road of many kinds of injustice for other people.

He has almost been a slave to his Conscientiousness, and it has been a slave to him. He has done what he has thought right, whether it was the popular thought or not, therefore he has many times had to suffer in consequence, especially when dealing with people who were unprincipled, and who have not believed in his way of

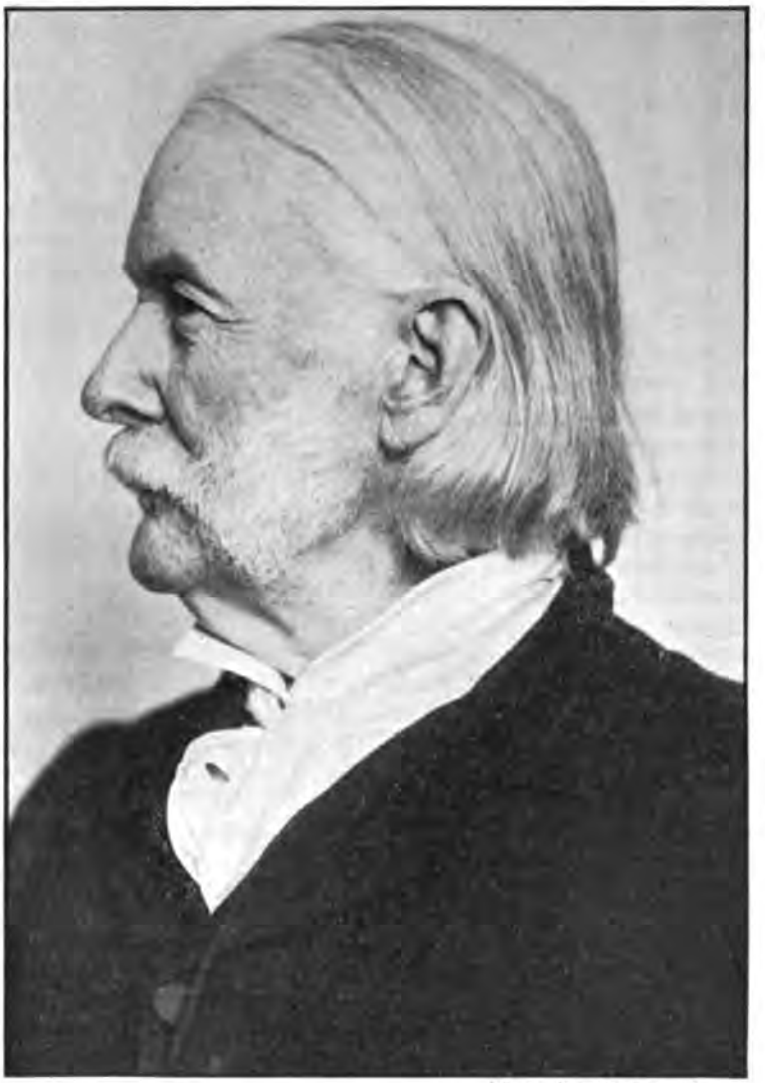


Photo by Rockwood.

MR. WILSON MACDONALD, THE OCTOGENARIAN SCULPTOR.

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thinking. He would have made an excellent judge, for he is very quick to notice points of equity and justice, and he must have received from his ancestors a considerable degree of his right thinking and inclination to do those things that he considered to be right for the sake of principle. His Cautiousness is over large, and it gives care, anxiety, and thoughtfulness for the future. He knows how things will turn out—he is a prophet—and many things have turned out as he has predicted. His ambition has fortunately pushed him ahead, otherwise his anxiety would have held him too much in check. He is a combination of the Spartan and the Covenantors, inasmuch as his organization would never allow him to give up or yield a point when he knew he was on the right side, and had he lived in the time of the Martyrs he would have died at the stake rather than yield or recant and give up his opinions. His Sublimity enables him to appreciate the grand and magnificent in nature. Fine scenery always attracts his attention; so do oratory and art. His artistic taste shows itself in the blending of colors and in the appropriateness with which he copies nature in all her works. Ideality in his case manifests itself also in the use of language joined to his large Sublimity and Constructiveness. He will never use an inappropriate word if he can possibly help it, either in speaking or in writing. All his statements are accurately made, and he will hit the nail square on the head.

He has musical talent; could have excelled in the art of music, has a keen sense of harmony and much capacity to express his sympathies through the aid of vocal or instrumental music. His Time, Tune, and Weight being large, he would be able to give a proper technique to his music.

His social qualities incline him to be a very constant friend, and probably he has inherited from his mother his large conjugality. He is true to old friendships, those in fact that he made years ago. He is highly courteous, thoughtful, and philanthropic; therefore people may think he means more than he expresses, because he readily volunteers his services when he can give any assistance to others.

He could have been, and probably has been, a philanthropist and reformer for the better part of his life. He cannot live to himself, and he has always had an eye on the best methods of doing good to the greatest number of people, making almost all people his friends who are broad and liberal-minded—in fact, he has a heart large enough to encircle all who are willing to suffer for their convictions. He would have made a General in reform work, for he would have led all his followers to victory.

Capacity to express himself in Literature in a logical, concise, and thoughtful way is evident, while he could wield more than ordinary influence over an audience as an orator. Versatility of mind is very evident, and he must have shown this to a remarkable degree.

Human Nature and Sublimity, together with large Constructiveness, Ideality, and Form are so well represented that to chisel a statue is as easy to him as it was for Turner to paint a picture, or for Jennie Lind to sing a song, or for Harriet Beecher Stowe to write "Uncle Tom's Cabin." The accuracy of expression is what he has aimed at, and it is that which has made him famous as a sculptor.

These, among other remarks, were made at the time when the writer had an interview with him; at the close of it, and during the examination Mr. MacDonald interpolated many remarks about himself.

He began his artistic career without previously taking a lesson, and as a pastime he began caricaturing, and is now engaged in representing Roosevelt hugging a big negro.

He said he had spoken on a great many subjects, namely, medical, spiritual, temperance, and Phrenological topics. He believed he could do about

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the same now were he to lecture and give talks on the above subjects, and considers himself one of the oldest Phrenologists now living.

He also said he had got into a good deal of trouble as a general reformer, and he had joined in very nearly every reform that had come along. He got possession of the original bust of Washington, taken in 1785 at Mt. Vernon by the great sculptor Hudon, but he will not part with it for less than $50,000, though it is worth $100,000. It is the only real likeness of Washington in existence.

He has also made a fine bust of Lincoln, and he is going to bring it out as a companion to his bust of Washington, and hopes to send it throughout the public schools, so that these two great men will be before the eyes of the children in the country as an object lesson in patriotism.

He has also made fine busts of General Hancock and Robert Ingersoll, and he cut the first bust in marble of Senator Benton the other side of the Mississippi. He also made a bust of Thomas Paine. He is a man whom he considers will be remembered throughout posterity. He put the bust of Paine on a fine pedestal many years ago in New Rochelle, and although the first one of him was pulled down, the second one has been so strongly fastened to the pedestal that it will probably never be disturbed.

His bust of Van Buren has been acknowledged as the best one ever made of him.

Mr. MacDonald is hale and hearty for his age, and we trust that he will live many years to continue his noble work of giving us the accurate portraits in marble and bronze of our great men and women, and further continue his study of converting prejudiced minds to the Science of Phrenology.

He is a universal genius, and few men have been able to devote their time in so many ways and build up so varied a career.

He has unveiled more public colossal busts and statues in bronze, marble and gypsite than any other sculptor in the world, and Phrenology has helped him in his work.

Practical Psychology.*

Character—What it implies; Habits and Conduct; (A) A Psychologist's point of view; (B) A Phrenological point of view. Character is often summed up by Psychologists under the head of "Habits and Conduct;" by others, "The Sum of Hereditary Instincts of the Child, including the Mental and Moral Peculiarities of his Mind;" by others it is commonly said that "Character is a Bundle of Habits." "While the term Character is often used loosely," says Sully, "to note individual peculiarities of mind, whether intellectual or moral, and whether showing them at the outset as strongly marked minute tendencies or later, as the result of experience and education. In a narrower and more accurate sense, it signifies the acquired results of individual voluntary exertion, such as intelligence, insight, independence, and firmness of will."

He further specializes by saying that "Since moral attainments, namely, good dispositions and habits, are the most valuable results of such volitional exertion, the term character has come in ethical and educational works to denote in a special way a good or virtuous disposition of the feelings and of the will. A person of character in this sense is one who can be counted on in general to decide and act wisely and right."

We think that the above psycholog-

*Digest of a chapter of a new work on "Practical Psychology," now in the press.

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ical definitions cover the ground fairly well as far as they go, and few will be inclined to differ from these estimates of character. "This moral or virtuous character is the resultant of the several forms of self-control, carried to the point of perfect habits," we are told, "thus a perfect moral character includes the familiar habits involved in the wise pursuit of individual good, such as industry, orderliness, temperance, the habitual control of the feelings or moderation, and the firm control of the thoughts involved in reasonableness. It includes further the habits implied in a perfect fulfilment of human duty, as obedience, courtesy, veracity, justice, and beneficence."

A child cannot be expected to show a well-regulated character, but all adults should be able to possess these attributes—in fact, one of the most important definitions of a moral character is the bringing out of the essential ingredient of fixity of disposition in right directions. Character may mean more in one individual than in another, and one individual may have more to strive against, and in the end be stronger than the one who has had but little to struggle with and is passively good, not passionately so, from any sense of having conquered the self within; thus the amount of self-control, the aims, the desires, the ambitions that have been at work in the mind, go to aid the building of a perfect character, including "a disposition lies." This interprets a broader sense of what character really means. When we speak of conduct, we refer to compressed human action. Conduct, Psychologists tell us, is "the result of some of our habits, and can be defined as the moral average of that total; but we can have both voluntary and involuntary conduct, will and action." It has also another advantage, as has been to reflect and deliberate when occasion requires, where there is an apparent conflict of duties, in order to determine what is the more worthy form of good, and where the line of duty exactly truly said, for conduct is the object of the moral judgment, and the moral judgment is only exercised on voluntary actions. We may have habits, however, which are not voluntary, such as nervous affections. All our actions may have lost their voluntary quality in some cases, and may have become mechanical or reflex. When a natural judgment is applied to such actions, it is rather made to refer to the first voluntary action out of which the object grew. The acts which conduct impulses must be those which are both definitely willed, and which are directed to the attainment of some end; hence conduct may be defined as "the performance of those actions which are definitely willed and adjusted to those ends."

Psychologists also refer to character by stating that "reflections give rise to tactful maxims. These maxims carried out in conduct bring consistency into our voluntary actions, for under their control like cases are followed by like judgments. The maxims themselves are morally graded in the mind, the best being at the top. This highest principle acts as judge when volition conflicts with maxim. The result is that consistency and harmony are imparted into our volitions and actions. This has caused character to be defined as *consistency in willing and acting*, both being subordinate to practical principles, which are ruled by one's highest moral principle. The moral direction of the will thus becomes uniform, while the volitions, being in harmony, produce a maximum result."

By the above reference character is largely described as being made up of consistency in willing and acting, provided both are under the control of one's moral principle, but this consistency and uniformity implies the formation of habits, and this has led to character being defined as "a bundle of habits."

(*To be continued.*)

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THE SCIENCE OF HEALTH

Notes and Comments.

By E. P. Miller, M.D.

THE LATE BUTCHER STRIKE.

The great strike of the butchers at Chicago and other cities of the country, with the increased price of beef and other meats resulting therefrom, has created a good deal of discussion in the public press about the relative merits and necessities of animal and vegetable foods. There are many people who think animal food is an absolute necessity to their existence. They think life is not worth living if they are to be deprived of meat at their daily meals. Many of this class are continuously suffering from headache or dyspepsia or rheumatism or neuralgia or torpid liver or constipation that are unquestionably caused by the consumption of animal food. When such is the case, they will generally get rid of these diseases when they get entirely free from uric acid in their blood and tissues, brought on by eating the flesh of animals; and by taking cold, which checks the action of the skin. Pneumonia is nearly always brought on in that way, and so is acute rheumatism, and with repeated colds, consumption.

The strike has done some good by starting a discussion in the newspapers upon the subject of foods, their nutritive properties, their cooking, and digestion. A recent issue of Hearst's *American* has the following to say on the subject:

"It would not be such a very bad thing if the present high price of meat should compel attention to the value of vegetables as food, *and especially to the importance of cooking vegetables properly.*

"The average meat eater eats *too much* meat, and eats it too often.

"If you eat meat once a day, it is as much as your system requires, as much as it can assimilate profitably.

"Nearly all religions have enjoined fasting on their followers, for longer or shorter periods. The believers—especially among the rich and overfed classes—have been greatly benefited thereby.

"At least nine human beings out of every ten would be better off if they could begin to-day to eat half as much meat as they have been accustomed to eat.

"The question of properly cooking vegetables is so important that the newspapers ought to talk about it at least once a week, and every housekeeper should have it dinned into her ears by the hour.

"The French, the Germans and others know how to cook vegetables. The Americans as a people are lamentably and stupidly ignorant on that subject. In this country vegetables are never *thoroughly* cooked—they are served about half raw.

"They are not *properly* cooked—not made attractive, not made digestible.

"If the beef trust could force Americans to know how to cook vegetables, and especially to take interest in the great variety and the unlimited possibilities of the vegetable world, the high price of meat would be in reality a blessing."

If those who believe in the Bible have any doubt as to the relative value of vegetarian food as compared with the flesh of animals, let them read carefully the first and second chapters of Daniel and they will find one of the most beautiful and convincing proofs that can be produced in any language under the sun.

Read and ponder over it.

HEALTH HABITS.

Most people eat more than the system can profitably care for. The demands of maturity differ from those of the growing period of life in that food is needed only for repairs. The

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majority fail to take this into consideration. They eat with energy rather than discretion. They eat until gorged, or until the sense of taste is sated. The result is sour stomach, fermentative indigestion, headaches, constipation, torpid liver, rheumatism, Bright's disease, and so on.

To enjoy good health, it is most important to form the habit of taking regular, moderate, outdoor exercise.... The habit of walking a mile or more in all weathers before breakfast is one which the editor could least afford to dispense with, so salutary are its effects. The six-o'clock rising, the brisk rub-down, the careful attention to all the little items of the toilet, followed by the brisk walk, inhaling deeply, makes one very comfortable and very hungry, and prepares the way for a good day's work.

Serenity of mind promotes good health, and is the result of habit. It is to the nerves what varnish is to paint, preventing friction and unnecessary disquietude. To preserve it, avoid speculation, gambling, intrigue, emotions of envy, jealousy, fear. Unhealthy emotions inflame the mind, excite the heart, congest the brain, pervert the secretions, set the whole body quivering, using up more energy than would be required to do a day's work in a calm, deliberate fashion.—Medical Brief.

VIOLATING NATURE'S LAWS.

A large majority of the people who inhabit this earth live in ignorance and almost absolute disregard of the laws of health and life. As a result, they pay the penalty by bringing sickness, suffering, and death upon themselves and their posterity. Who knows how long human beings might live if they obeyed all the laws of their organization. The Bible tells us that "Enoch walked with God after he begot Methuselah three hundred years, and begot sons and daughters, and all the days of Enoch were three hundred sixty and five years." "And Enoch walked with God and Enoch was not, for God took him." Enoch was the father of Methuselah, who lived nine hundred and sixty-nine years and he died. Lamech, a son of Methuselah, was the father of Noah, who also "walked with God," and lived nine hundred and fifty years. Enoch's father, Jared, lived nine hundred and sixty-two years. These facts indicate that the descendants of Jared were among the choicest specimens of the human race, because they obeyed the laws of God; and hence lived the longest. It was on this account that Noah was selected as the best specimen of the human race then living to repopulate the earth after the flood. If the human family now understood the laws of their own bodies and lived in obedience to those laws no one can tell how long we might live on this grand old earth. The joys of life are many to those who live in obedience to the laws of life.

We find the following excellent hints in the editorial of the *Medical Brief* for October:

"No man can possibly escape the reactionary effects of violating Nature's laws.

"Men must understand, and men are beginning to understand, that every infraction of a natural law is visited by an unerring, inexorable law penalty. Every part of our natures is governed by fixed laws, the transgression of which is followed by alteration, deterioration, suffering. The moral organization is no exception to this rule. The man who recognizes and obeys the moral law enjoys a peace and happiness which none of the vicissitudes of life can seriously affect. This is not theory but unalterable fact, confirmed by the individual experience of generations.

"The men who set out deliberately to accomplish their designs by abusing those who have done them no harm, just to gratify vindictive or jealous feelings, or in the furtherance of a short-sighted policy of self-interest would know, if they stopped to think

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about it, that they must meet the inevitable results of such wrong-doing.

"The man who has never wronged anyone, who has stood up for the right as he sees it, enjoys a deep contentment, whether he has ever traced it to its source or not. This being true, it is strange that so many people are satisfied with eating Dead Sea fruit. And they will quit doing it as soon as they begin to think for themselves instead of blindly following other people.

"The man who is not true to himself cannot be true to others. Honesty and courage are the two essentials of right living. The Golden Rule is the fundamental law of life. The man who studies the laws of God as manifested in the workings of his own being, will realize that this Golden Rule is not a beautiful figure of speech, a literary phrase, ornamental rather than vital, but an imperative law, failure to observe which causes moral disease and suffering in the offender. Blessed is the man with organ of perception sufficiently developed to understand this.

"Hypocrisy eats the soul as a moth does cloth. Envy, jealousy, rancor, intolerance, prejudice, kindle madness in the brain.

"Men must learn that they cannot go to work to injure others without injuring themselves. The only way to be happy and successful is to study Nature's laws and obey them. Sophistry cannot get around them. The more we examine and probe life, the more we understand that to injure our neighbor is to injure self. This is a scientific truth which is the most important thing in life to learn."

CONCERNING FLOOR COVERINGS.

One of the most vital questions to our new woman indoors is the hygiene of the household, and the wise woman has learned that a dusty, soiled carpet is an excellent germ-breeder; hence, in rooms that are much used a thorough cleaning every week is necessary. While the strictly hygienic floor is the bare, smooth one easily washed every day, many of us have floors that must be covered, because they are badly worn or roughly laid, and mats or rugs are the best floor coverings, because they are not tacked down and can be lifted easily. A faded and worn carpet may be made to do duty another season by covering the center of the room with a large square of denim, or the entire carpet can be covered with the denim, and a few bright rugs will relieve the monotonous sameness, so that it will look quite well. It is the corners and edges that retain most of the dust that collects in a room, and we are told that it is accumulated dust that holds the dreaded microbe we hear so much about nowadays, and if the floor is covered with a large rug the dust around the edges of the room can easily be removed with a damp cloth. Many housekeepers are having their carpet balls woven into rugs instead of carpets, and they make them in common rug lengths or into a large rug for the center of the room. To make a large rug two or three strips are woven alike, then joined together, and the prettiest way to arrange the colors is in the hit-or-miss style. All kinds of pieces are used for these rugs, as old white muslin and faded calicoes can be colored any of the bright shades with the diamond dyes for cotton and the woolen pieces with the dyes for wool, but only stout material should be used for these rugs if they are to be placed where they will receive hard wear. Beautiful fringe is made for the ends of these rugs by selecting three or four colors of carpet warp and knotting it into fringe about four inches wide, and the colors can be arranged to suit one's taste.—M. A. T.

ALCOHOLIC STIMULANTS.

There is a seeming diversity of opinion in the profession in regard to the use of alcoholic stimulants. This arises partly from the lack of knowledge as to what constitutes a stimu-

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lant and just how they act. Often the use of whisky and brandy is resorted to because for generations people have been taught to regard them as stimulants indicated in low states of the system.

What is really wanted in these cases is not whisky and brandy so much as a stimulant effect. A teaspoonful of whisky or brandy will cause a little primary stimulation, but it passes off in half an hour and is succeeded by a greater depression.

The true object in giving a stimulant is to gradually bring the patient up to a higher level of well-being and sustain him there. Alcoholic stimulants will never do this. The brief period of stimulation is followed by prolonged depression which in turn creates a morbid craving. Interference with nutrition, an irritant action on the tissues and finally organic and structural changes, the basis of a man's ruin, are the certain results.

Hot water is the best of all stimulants.—Medical Brief.

EXERCISES FOR NOVEMBER.

THE MOTIVE MENTAL TEMPERAMENT.

The exercises given in this number are for ladies who possess a combination of Temperament called the motive-mental; persons of this descrip. tion possess a good framework, firm muscles, are active, and do their own thinking, rather averse from being lazy, and prefer outdoor to sedentary work. A young lady who weighs 148 pounds, height 5 feet 7 inches, age 35, circumference of head 21¾, height of of head 14⅝, length of head 14⅛ inches should take the following exercises.

Such persons generally are inclined to be very active. They do not need to be advised to take walking exercises, but rather to increase bodily weight by some restful movements, for instance, exercises that will produce sleep and calm the nerves. In order to do this a person must first relax her muscles, then bend the knees in order to draw the blood from the head and equalize the circulation. Bend the body back and forth very slowly six times while the knees are bent; secondly, lie on the mat and roll the body from side to side six times. Breathing exercises should also be taken for this combined temperament. The hand should be placed on the hips, the chest raised steadily while the lungs are inflated. The breath should be taken so as to move the diaphragm and strengthen the muscles around the vital organs. This will give power, repose, and equalization of the circulation. This exercise should be taken in a reclining position on the couch or bed night and morning for ten minutes in company with the other exercises.

For next month the exercises will be arranged for the Mental-Vital Temperament. A prize of a free phreno examination from photo is offered for the one who sends in the best record of the time sepnt on these exercises on or before January 1, 1905, to the Editor of Physical Exercises, Captain Jack McDonald, PHRENOLOGICAL JOURNAL, 24 E. 22d Street, New York City.

A similar prize is offered for the best record sent in by any gentleman who has worked out the exercises given the first six months of this year.

Dr. Lorenz, of bloodless surgery fame, cannot understand how Americans enjoy fair health on a diet that would depopulate any other country.

"The pies, puddings, sauces, and innumerable other dishes, most of which are unhealthful in the extreme, partaken of by young and old alike in America, have caused me to wonder," says Dr. Lorenz, "that the people are not physical and constitutional wrecks."—Good Health.

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In the Public Eye.

ADMIRAL SIR JOHN FISHER.

By Professor D. T. Elliott, Phrenological Expert of London.

Admiral Sir John Fisher has had a brilliant naval career and has reached the zenith of his power, by industry, and a marvelous display of intellectual acuteness. He has been correctly described by a popular writer as "The Strong Man of the Empire," and his recent promotion to first Sea-Lord of the Admiralty has given great satisfaction to the British Navy. For a Phrenologist to say Sir John possesses a strong character seems almost a superfluity, for the strength of the character is so plainly indicated in his photograph that the most casual observer will quickly discern it. His mental and physical make up shows a fine blending of the temperaments, the large and active brain being well supported by the motive and vital temperament, and the effect of this combination is to give him a large degree of self-control, discretion, and thoughtfulness, and he will not be so explosive or rash as might be supposed from the peculiar expressions of his countenance. That he can be cynical there is no doubt, and on occasions, quite combative, but conscientiousness is such a marked trait in his character that all the exercises of his mind will be directed and governed by it. By care-



ADMIRAL SIR JOHN FISHER.

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fully surveying the form and shape of his cranium, there is no apparent deficiency in either region. The head is well rounded out, and the leading attributes of his mind are in the direction of Firmness, Self-reliance, Conscientiousness, Tactfulness, Organizing and Planning Power; also a critical ability, and the power to express himself forcibly and clearly. He is a leader among men. Observe the height of his head and the well-developed crown; a man so built could not pass through the world unnoticed nor remain in an obscure position. His character would be too weighty, his general abilities too apparent, and his coolness and self-reliant spirit will quickly be recognied; for all these characteristics are very marked. Then, again, he takes a very exalted view of duty, justice, and moral obligation, and these traits also are strongly exhibited when he is meting out justice to others.

The back portion of the top head is more strongly developed than the front portion; therefore he will rule with a firm hand and not allow any strong sentimental feeling to bias his action.

Notwithstanding his great abilities for commanding and directing difficult operations, we fail to see that he will be egotistical or over-bearing. In this respect he is well balanced, and he can assert his authority without manifesting the spirit of severity; and herein we consider lies the secret of his great popularity in the Service. There is a considerable degree of steadiness, foresight, discretion, and the power to accurately calculate upon the issues of any great subject which embraces complex operations and organizing schemes. Undoubtedly, he would show special aptitude in any big undertaking that might involve his country in any way.

Notice the large area of the frontal lobe, both in breadth and length, which stamps him as a man of strong intellect and keen perceptive power; such a mind takes a very comprehensive view of things, and is not narrow nor contracted in its mental outlook. He has a remarkable memory, is anecdotal, genial, and agreeable in society; there is also the ability to be humorous and witty in presenting his thoughts. In all his work he employs method, system, and is quite as strict with himself as he is with other people, yet, he is a versatile man, and he can utilize his intellectual gifts in various directions, and when the occasion requires it he is quite in his element in displaying his oratorical abilities. His intellectual outlook is very broad, expansive, and varied, there is an absence of the conventional element in the character; he is a breezy, independent character that will need plenty of freedom in his actions, and he could not be restrained by too much red tape. No one can charge him with being fastidious; precise he is, but there is an absence of those qualities that give fear, timidity, apprehensiveness, or the desire for approbation. He is a "John Bull" type of man, but lacking the coarser elements that at times characterize that worthy individual.

Sir John is a type of man that will not seek popularity, but his worth and works will deserve it. In the important position to which he has recently been elevated he certainly will maintain his popularity and will use well his splendid gifts in discharging his important duties. He has had a strenuous career, and his great experiences are sure to be of great service to his country.

TWO HONEST MEN.

The Egotist. Large Self-Esteem.—Besides myself, I know no honest man. Nature never did the same thing twice, Having made me honest she could not, without violating all her laws, make another.

The Philanthropist. Small Self-Esteem.—Knowing full well all my faults and still, notwithstanding them reckoning myself an honest man, I am certain that many men I know who are better in every way than myself must be honest.

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Boy Pyromaniac's Character is Analyzed from a Study of the Formation of His Head

By Professor J. M. Fitzgerald, of Chicago, Expert in Character Study.

At the request of *The Daily Journal* I went to the Warren Avenue police station to examine the head of James T. Brain, who has confessed to setting fire to many buildings. At first glance he would present to the casual observer a mild and rather inoffensive character. However, upon attentive observation, his head presents an unbalanced proportion.



JAMES T. BRAIN.

The temporal lobes of the brain are relatively too large for the development of the upper frontal brain. In the temporal lobe immediately over the ears, where they join the head, the brain is so remarkably developed as to bulge out the skull.

At that point we locate the faculty of destructiveness. That faculty when normal furnishes one with energy, but when excessive inspires one with an uncontrollable desire for mischief and excitement or cruelty as the other faculties of the mind or fancy may dictate. Not only is his head wider at that point than it is about two inches higher up on a line at the faculty of caution, but the ear is located low down on the neck, thus clearly proving a large destructive propensity.

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His upper frontal brain is defective; that is, it is pinched, from side to side, and very receding; hence his power of reflection is unquestionably weak. He does not comprehend the enormity of the crimes he has committed; therefore he experiences little or no remorse, but rather exults over the attention he is receiving from the police and newspaper men. He is pleased because he has excited much curiosity by his perverseness.

The brain just over the eyes and directly back of the eyebrows gives the desire and power to see. At that point he is unusually developed. This gives him great curiosity.

Therefore the uniting of curiosity to see with his propensity for wanton destruction and maniacal excitement become an imperative command over which he loses all self-control or inhibition of his pyromaniacal impulses.

He is naturally a physical and moral coward; therefore he would be looked upon by his employers and associates as harmless and good-natured, and for those reasons would not come under suspicion.

In short, he is morally and mentally defective and only needed the slightest imagined or real injury or offense to become dangerous to society.

His wide, open, staring eyes show a mixed feeling of surprise, wonder, and fear, and portray the conditions we have seen in the formation and proportion of his brain; that is, an uncontrollable love for destructive excitement.

The mouth is loose and lacks staple character; even the expanded nostrils indicate, as does the fireman's horses, a love for and an irrepressible desire to be in intense action.

BRAIN AFFECTED BY A FALL.

Brain's father is a bookkeeper. Mrs. Mary Brain, his mother, says she believes the boy's brain was affected by a fall when he was four years old.

"While we lived at 103 Emerson street Tom fell from the second story to the cellar," said the mother. "Before that he had been an exceptionally bright child. But afterward he began to stammer badly and became erratic and irritable. I took him to a physician, who told me his skull should be trephined to relieve the pressure on the brain, but I was afraid the operation might kill him.

"He is an amiable, good boy now. He earns $9 a week at the American Can Factory and brings every cent of his wages home every Saturday night to me. He is always good-natured and cheery about home, and I regard him as the best of my five boys."

The police believe Brain has caused more fires than he has confessed.

GOOD THINGS FROM VERMONT.

A number of members gathered about the seat of Representative Foster, of Vermont, recently, were discussing cold weather in the New England and other northern States. Mr. Foster declared that Vermont had sleighing more weeks in the year than any other State of the Union, and to prove his assertion related the following story:

Hank White, a noted minstrel in his time, who probably was the original "end man," was a native of Vermont. One of his jokes used to run something like this:

"So you come from Vermont?" the middle man would ask.

"Yes; I am proud to say I was born and raised in the good old State of Vermont," White would answer.

"You make pretty good maple sugar up in Vermont."

"Yes, our maple sugar is the sweetest on earth."

"Have some pretty good horses up there, too."

"The Morgan horses bred in Vermont are not excelled anywhere in the world."

"Pretty girls, eh?"

"Vermont has the prettiest girls in America."

"Well, Vermont must be pretty much of a State," the middle man would say, in conclusion.

"It's the greatest State in the Union," was White's answer. "There is just one thing about it I don't like. For about six weeks in midsummer, when the snow melts off, we have to drag around on wheels."—Washington "Post."

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

BRIGHT AND PROMISING.

By Uncle Joe.

No. 630.—John McCabe, Springfield, Mo.—One of the most important things for parents to bear in mind is to give their children a good inheritance. We come across many deficiencies in children, mainly because we are appealed to as experts in the subject of mental development, and after going the length of the medical profession, parents as a last resort consult a Phrenologist, expecting he will help them out of all their difficulties. Physicians are able to do much for parents in the way of suggesting treatment, the giving of medicine that will tend to correct physical ailments, but the Phrenologists can help the physician by going into particulars which the physician has not thought of, and consequently, has not touched upon in



NO. 630.—JOHN MACCABE.

Age ten years and two months; circumference of head, 20 in.; height of body, 4ft. 2⅝ in.; weight, 70 lbs.; chest, 27½ in.; color of hair, light brown; color of eyes, blue; health good.

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his diagnosis. Many have been the occasions when perplexed parents have not thought, on coming to us, that the deficiency in their children is owing to their own thoughtlessness before and at the time of the birth of the child. Would that we could awaken the proper interest in parents for their children that they might be able to not merely correct the deficiencies they see, but be able to bring into the world healthy children, possessing all the rights of childhood, both mentally and physically speaking. A child cannot help being born as he is, and he has to bear the stigma of his misfortune all his life; while with a little thought, unselfishness, and care, children could be given a proper birthright, started well in life, and equipped mentally and physically for the battle of existence.

The boy, whose portrait accompanies this sketch, is one in a hundred who bears the imprint of excellent parentage. Here we have health, vitality, and harmony between body and brain.

There is uniformity in the action of the faculties of his mind, and he will, consequently, be alive to all that is going on around him.

We can see in the boy life what he will develop to be when he is twenty-one years of age, provided he continues his development as he has begun.

On reaching the age of ten years and four months he has a circumference of head, which measures 20 inches; his weight is 70 pounds, height is 4 feet 2⅞ inches, while his chest stretches the measure to 27½ inches; waist is 25¾ inches.

With this equipment, together with an active brain, and an exceptionally high head, he will be able to earn his own living without taking off his coat, if he attends to his educational advantages.

He will naturally take the lead of others, and superintend work. Commercial affairs may interest him some, but they will be secondary in character. A professional career is what he should fit himself for, and we trust that nothing will deter him from qualifying for a line of work which will bring into play his moral sense of justice, his broad sympathies, his intuitional mind, his deep consideration for others, his capacity to organize work, and his clear insight into the characteristics of his fellows.

By organization he can fit himself for the position of a specialist in medicine. In fact, he will have exceptional ability in giving advice, in caring for the sick, in influencing his patients; for he will come to a correct understanding of the ailments of his patients, and will differentiate between them, and use his originality of mind in giving to all the thought and advice necessary for their welfare.

In law, too, he could build up quite a practice, for his discernment of matters and things requiring special thought and attention will enable him to deal justly with his fellows and interpret legal matters correctly.

He has a fine disposition, and if rightly understood will adjust his desires, energies, and ambition in the right way.

The practical affairs of life will attract him in a scientific way, and he will find much to amuse and interest him as he passes through boyhood, for the leaves on the trees, the flowers in the fields, the rocks on the cliffs will all speak to him in friendly tones, and he will learn much from his intercourse with Nature.

There is a great deal we could decipher concerning this lad if space would permit. Suffice it to say that he will show talent in three directions.

From a commercial standpoint he will be interested in making money, largely from a professional point of view, such as the laying out of money at interest, investments in stocks, or the building up of some large enterprise.

Secondly, in the practical study of mathematics, political economy, modern languages, commercial law, and criminal law, where the characteristics of people are at stake.

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And, lastly, he could excel in medicine as a specialist, as a consulting physician, a neurologist, or medical writer on topics of modern interest.

He should have his photograph taken every five years at least. In fact, if he were our lad, we would have it taken no less than once a year until he is twenty-one years of age, for there will be a definite improvement going on all the time in the development of his mentality, his physical growth and facial expression, and these will be interesting to an expert.

PERFECT BABYHOOD.

What is perfect babyhood?

St. Louis Exposition has conferred on Virgil Krell the prize for being the finest baby in a recent contest. A New Jersey mother thinks, however, that her baby should not be overlooked, for his weight is thirty pounds, his age is a year and four months; his height is thirty-three inches; his chest measures twenty inches, and from shoulder to shoulder seven and a half inches; his eyes are large and brown, and his hair curly. His picture certainly represents him as being a thoroughly healthy boy.



MASTER R. S. DURRANT.

Will parents send us their children's measurements, including those of the circumference, height, and length of their heads? If they will we shall be greatly obliged.

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The Diagnosis from the Eye

By Otto Carqué.

That the eye is the mirror of the soul is a common saying, but it is almost unknown that it also reflects the condition of every single part of the body. Although the background of the eye has been the subject of ardent investigations by the physicians since the invention of the ophthalmoscope, none of the investigators conceived the idea that we could also diagnose by the strikingly different and easily perceptible colors of the iris the pathological state of the whole organism.

A remarkable book has been recently published on this highly interesting subject by the Kosmos Publishing Co., 765 North Clark Street, Chicago, Ill.; it is written by Dr. H. E. Lane, who has made very extensive studies and observations in this respect; his work is indeed a wonderfully interesting piece of writing, put into shape admirably adapted to making the subject clear to all who read.

The fundamental doctrine of "The Diagnosis from the Eye" maintains that azure blue is the normal color of the iris in all nations of the Caucasian race. The more the body changes from its normal state of health—i. e., the more blood and lymph are deteriorating, the more the iris of the eye is becoming brown or crossed by white and dark lines. Diseases of the different parts and organs of the body are indicated by certain changes of color in corresponding sections of the iris. The author explains his theory in the following manner. The iris of the eye is made up of an infinite number of very fine nerve-filaments which receive impressions from every nerve-centre and portray at once every change for the better or worse in the bodily condition. Very careful and extensive investigations carried on for a number of years have furnished the proof that every single organ and part of the body is reflected in exactly defined parts or sections of the iris, enabling everybody to make a reliable diagnosis of his physical condition.

The most important points of "The Diagnosis from the Eye" may be given here:

I. All new-born children of healthy parents have blue eyes.

II. The more the color of the originally blue eye changes, for instance into yellow brown until completely black, the more the body of the respective person is encumbered with morbid matter.

III. Persons whose eyes change in this manner get lighter and even blue eyes again; under certain circumstances the color changes only in parts. This change is always effected in the same degree as the morbid matter has been excreted from the body.

The increase of brown eyes, corresponding to that of brown hair, has been often and rightly deplored, but so far only from the standpoint of beauty; such people never have the tender, red-translucent skin which accompanies light-blue eyes. Now we know that this increase is also to be deplored for sanitary reasons, and that the brown-eyed nations of the Caucasian race are in a state of physical deterioration.

Colors which make their appearance in the iris during the lifetime of a man are called by the diagnosis from the eyes unnatural or acquired ones. All drug poisons—for instance, mercury, quinine, iodine, etc.—effect peculiar signs in the iris by which they can be easily detected in the system.

The iris reflects the abnormal or morbid state of the body in two ways:

I. Inflammations, by white lines, points or clouds which are somewhat relieved from the surrounding parts.

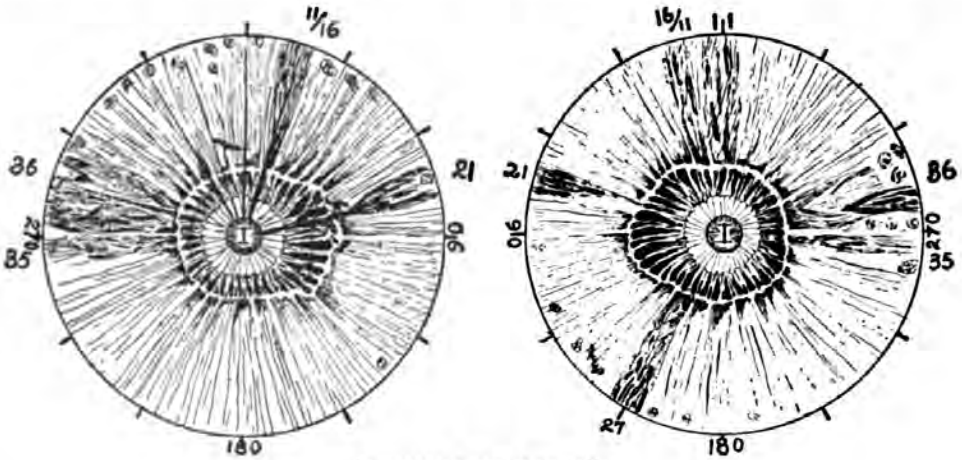
II. Catarrhal conditions, by deeper going black spots or lines.

The white signs of inflammation are

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formed by the circumstance that the nerve-fibres are elevated over the surface of the iris; the dark signs of chronic ailments are effected by the appearance of the black background of the iris as the several layers, forming quasi a curtain, are gradually removed in the parts corresponding to the diseased organs.

The above illustrations are taken from Dr. Lane's book, and represent the irides (enlarged four times) of a man of thirty-two years of age, suffering from various diseases. Near the pupil (I) we perceive very deep going catarrhal defects in the digestive organs; in $\frac{11}{16}$, $\frac{16}{11}$ and 11, serious affections of the brain; 21, atrophy of the thyroid gland; 35 and 36, defects in the pleura and lungs; the small signs near the outer edge of the iris indicate medicine poisoning by strychnine and some other alkaloids.



DIAGNOSIS OF THE EYE.

The diagnosis from the eye throws also light upon some of the most important questions, viz., the connection of later appearing diseases with the original disease, the probable duration of life, the various durations of the same disease with different individuals, etc. The insufficiency of the old ways of diagnosis by ausculting, percussing, palpating, examination of the urine, blood, sputum, etc., is admitted by all. Up to the present the followers of the natural method of healing have been getting along by bringing that which was of some value for a diagnosis into a system called "facial diagnosis;" according to the part of the body where the morbid matter had settled, they spoke of a "morbid encumbrance of the front, side, or back," and thereupon based their conclusions.

In accordance with the natural method of healing, the diagnosis from the eye conceives the body as a unity. Diseases in whatever form they may appear are but the consequences of a violation of nature's laws. Man as the highest organized being possesses the greatest power of resistance against injurious influences; and for this very reason many a morbid process may be going on in his body without making itself immediately perceptible. In spite, or rather because, of our much praised civilization, the majority of men are hereditarily encumbered with morbid matter, and their irrational modes of living increases the evil still more.

In speaking of diseased parts or organs, the allopathic practitioners assume that the ailment is restricted to the respective places in the body, while it can always be proved by the diagnosis from the eye that there is always a general encumbrance with morbid matter which affects certain organs

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more than others, because they are weakened by heredity, unatural modes of living, etc. The diagnosis from the eye reveals all changes for the better or worse in the organism long before the patient is conscious of them or before they can be detected by the old methods of diagnosis. The practice of so-called specialists is always doubtful, as the diagnosis from the eye clearly and distinctly shows that local treatment is entirely inadequate and that only by living in complete harmony with nature permanent health and vigor can be restored.

An Interview with Mrs. Elizabeth Cady Stanton

During the last interview the editor had with Mrs. E. Cady Stanton she expressed herself with great earnestness in the following words:

"Recent writers in our metropolitan press have asked some questions in regard to the Christian religion and the Bible which are worthy of the serious consideration of all thinking people. One writer laments the fact that the Bible no longer holds the honored place in English literature it once did, and asks what can be done for its restoration.

"I would suggest that we place all its grand declarations, moral lessons, poetry, science, and philosophy in one volume. In another put all its mythologies, contradictions, wars, absurdities and abominations, all that degrades the mothers of the race and makes the creator of the universe responsible for the wanderings and brutalities of the children of Israel.

"Thus, the first volume we might safely place in the schools and in the hands of our children, and the second volume might be preserved for those who would value it as a specimen of ancient literature.

"The great block to-day in the way of woman's complete emancipation is the canon law, church discipline and so-called "sacred literature." The time has come for her to demand the same equality in the church as she has achieved in the State during the last half century.

"Women may consider their battle for political equality now fairly fought; with full suffrage in four Western States —Utah, Idaho, Colorado and Wyoming— municipal suffrange in Kansas, school suffrage in 25 States, full suffrage in Australia, New Zealand and the Isle of Man, and municipal suffrage in England and all her colonies, they must now begin the same battle with the church and demand the same changes in the canon laws as they have obtained in the civil laws.

"Sir Charles Kingsley, a canon of the English church, declared that 'from the third to the fifteenth century Christianity had been swamped by hysteria in the practice of all those nameless orgies which made a byword of Corinth during the first century, and every evil was traced to woman.'

"This distinguished canon also says: 'This will never be a good world for woman until the last remnant of the canon law is civilized from the face of the earth.'

"Lord Brougham, equally distinguished in the State, said long ago: 'Our civil laws for women are a disgrace to the Christianity and civilization of the nineteenth century.'

"John Stuart Mill, a member of Parliament at the time England emancipated her slaves in the Island of Jamaica, said: 'Marriage for women is now the only form of slavery sanctioned by law.'

"Bebel says: 'Woman is held in greater contempt by church law and dogma than in any of the older systems.'

"As many distinguished liberal men and women will come from the Old World to attend the St. Louis Exposition, it would be a good time to hold a grand convocation to get out an expurgated edition of the Bible!"

Mrs. Stanton looked a veritable queen as she sat and talked in her easy chair.

Those who have read the "Woman's Bible," which Mrs. Stanton with others ably edited, will understand the attitude Mrs. Stanton took on the above subject.

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THE

Phrenological Journal

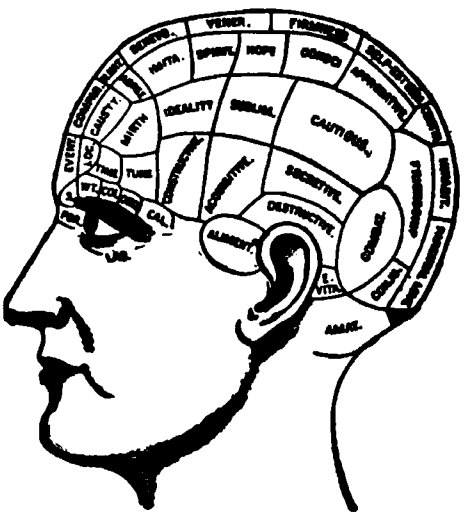
AND SCIENCE OF HEALTH.

(1838)

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(1880)



NEW YORK AND LONDON, NOVEMBER, 1904

Never desert your line of talent. Be what nature intended you for, and you will succeed; be anything else, and you will be ten thousand times worse than nothing.—SYDNEY SMITH.

LET US GIVE THANKS.

Let us give thanks to-day;
Each heart find its straight way
To grateful shrine, and pray.

Upon the altar place
Some glad thanksgiving grace.

God to us has been good
In ways not understood.
Verdure and snow for flower:
Each heart make thankful hour.

Thanksgiving for all life,
However endeth strife.
All life is changeless right
Nor follows night the night.
Know this: though darkness be,
Some song there is for thee.

MARGARET ISABEL COX.

THE BRAIN, THE MOST PATIENT ORGAN IN THE BODY.

"The brain is one of the most patient and industrious organs of the body," says the "Chicago Tribune." "It can be induced by good treatment to perform prodigies of labor. Few realize its capabilities and endurance, but it is sensitive; it will not long brook abuse. It briskly responds to the whip at first, but if the lash is laid on too hard and often, it balks, it insists upon having plenty of good red blood when it works hard; and good red blood is made from wheat, not from pie, cocaine or whiskey. The most essential thing for a man who works with his brain is plenty of sleep; only in sleep does the brain find the rest and refreshment that are necessary to maintain its vigor and integrity."

LONGEVITY.

The article on longevity, which appears in these columns, supports the idea that old age, or matured life, does not necessarily hinder the work of the brain, and supports the idea expressed

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in "Will Carleton's Magazine" on "Old People Who Work." It says:

"It is needless to call upon history to prove the usefulness and richness that may attend the lives of those who have passed their threescore years and ten. The venerable Gladstone did the thinking and much of the speaking for the government of one of the mightiest empires of the world, almost up to the day of his death. Pope Leo, at the age of ninety-one, carried the burdens of a world-wide church, and Herbert Spencer, at eighty-one, read and digested the news and literature of the world and re-created therefrom an immortal philosophy. In our own land the sturdy Senator Morrill, and Evarts, the jurist, worked out their problems of state and law almost up to the very hour when they were called to higher fields of effort; and ex-Senator Bradbury, of Maine, at ninety-nine, and Senator Pettus, of Alabama, at eighty-one, busied themselves with the affairs of this world.

"The venerable David Wark, the 'father of the Canadian Senate,' performed the duties of his high office at the remarkable age of ninety-seven; and Verdi composed music at the age of eighty-seven. There are few keener or more persistently active minds in the world of finance than that of Russell Sage who recently celebrated his eighty-eighth birthday. While King Christian, of Denmark, actively administered the affairs of state, at the age of eighty-five; and Julia Ward Howe, though eighty-four, writes books that sell, and gives lectures that people are eager to hear."

WHAT WE SHALL BE IN SEVEN HUNDRED YEARS.

A PREDICTION.

A Chicago physician has recently predicted that all civilized men will be insane in seven hundred years. He gives the following as the causes of the increase in insanity: drink, over-indulgence in drugs, over-exertion physically and mentally, the mad rush for money, neglect of religion, the high nervous tension of life, and the present condition of woman as wage-earner and mother.

In speaking of the part woman plays in the increase of insanity, Dr. Lynch says: "The Society woman and the Working woman both live a strenuous life of constant exhaustion. The gay life of pleasure of the one woman and the drudgery of the other are continuously decreasing their nervous strength and energy, and when brain-fagged and physically exhausted they marry, they become the mothers of physical starvelings, who develop into men and women unfit for the burdens of life, who, in their turn live in the manner of their parents, weaker and even less able to stand the nervous tension of work and dissipation. These people are often predisposed to insanity and nervous diseases, while often the result is degeneration and imbecility.

"When men make it possible for women to return to their proper place of home and motherhood, and they can cease their pitiful struggle for existence, leaving the obtaining of a livelihood to the men of a family, then the conditions that produce insanity will diminish.

"Among the foreign laborers bad whiskey and beer cause more insanity than does anything else. The reason is that the drink is doctored with cocoluc indicus, or 'fish berry,' that is used by the Chinese in catching fish.

"In other words, drugs and whiskey are a good combination upon which to build a lunatic."

The above makes a very good combination of influences which are derogatary to good health. We are surprised, however, that the doctor has left out

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one very important point, namely, tobacco, which is serving to ruin the physical and mental well-being of the rising generation, and as the latter are beginning so young, the habit will be more difficult to shake off in succeeding generations. Whether it will take seven hundred years to produce this state of society is also a question for the modern propagandist. We are driving hard toward it with our sanctified sub-way taverns, among all the other enticements open to young men and women of the present day.

We should be moderate in the expenditure of our energies, the same as in everything else; moderate in our race for wealth, as well as in our ambitions to rise to positions of fame. The nerves should not be taxed beyond their proper tension, otherwise they will not be able to bear the strain that is put upon them.

RAYS OF BLUE.

After three years of a search, two professors of Switzerland have made a discovery on the use of the "Rays of Blue" for dental purposes. They say that the nervous system can be influenced by colored light, and that they perceive, after experimenting with each hue, that blue has an extraordinary soothing effect on the nerves. Consul Liefeld, of Freiburg, Germany, states that a tooth may be painlessly extracted, with none of the after effects on the system, by shutting up the patient in a dark room, and exposing the eyes to a blue light of sixteen candle power for three minutes, although at the same time retaining his senses.

REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

"The Story of the Red Cross." A brief account of the work of the Red Cross during the past twenty-five years is sure to be of interest to the American people, and this is what Clara Barton has endeavored to do in her book called "A Story of the Red Cross," or "Glimpses of Field Work," published by D. Appleton & Co., New York. Price, $1.10, postpaid.

Miss Clara Barton was the founder of the American National Red Cross, and president of the society from 1881 to the present year, and the book which was inspired by the question of a little girl who asked what the red cross meant, gave to Miss Barton the idea that other little girls scattered around the world, as well as adult men and women, might like to know something about the history of the movement from 1880 to 1884. She divides her chapter, after giving the early particulars concerning the work, into the following topics: "The Texas Famine and the Mount Vernon Cyclone, 1885 and 1888"; followed by "The Yellow Fever in Florida, 1887"; "The Johnstown Flood, 1889"; "The Russian Famine, 1891"; "The Sea Island Relief, 1893"; "Armenian Relief, 1896"; "Cuba, 1898"; "Galveston, 1900." The book is one of thrilling interest, and shows how, from the efforts of a few devoted people, a great movement can be started. In 1882 much suffering was called to Michigan by fires, and a relief was offered by the society. In the following year, a disastrous rise in the Ohio River gave the society another opportunity to render assistance, after which the sufferers from a cyclone in Louisiana and southern Alabama called for aid. About this time an organized plan was adopted to facilitate the work in times of emergency, which would benefit those in distress.

In 1889 Miss Barton had her first service in the field of civil disaster, at the time of the rise of the Ohio River, the account of which is told in a simple and effective way, with words of gratitude for the helpers in the cause of relief. The Red Cross was able to examine into the needs and note the extent of the calamity, which had not been fully realized, until public notice was drawn to the full extent of the calamity.

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The yellow fever in Florida is another heart-rending calamity, which was relieved by this society. The Johnstown flood and the Armenian relief are events in the history of the movement which show to some extent the great work accomplished by this painstaking and thoughtful band of workers.

The last chapter deals with the terrible devastation at Galveston. "At this time (1900), a little coterie of nearly a dozen left Washington under escort of the competent agency of the 'New York World,' which had on the first telegraphed that it would open a subscription toward the relief of Galveston, and would be glad to send all supplies and money received to the Red Cross, if its president, Miss Clara Barton, would go and distribute it. The direfulness of the news gathered as the band of workers proceeded on their journey. A detention of several hours at New Orleans gave opportunity for consultation with the officers of the Red Cross Society of that city, which had held its loyal rank unbroken since 1882, and became a tower of strength in this relief."

The story is beautifully, but simply, told, and we leave our readers to fill in the details. As the book is not a romance, but a record of facts, the story becomes more interesting as it proceeds to its close.

"The work is dedicated to the people with whom and for whom have gone the willing labors of twenty-five years, initial labors, untried methods, and object lessons, and to the noble sympathy of generous hearts these results are due," says the writer, "and yet it is not in its past that the glories or the benefits of the Red Cross lie, but in the possibilities it has created for the future in the lessons it has taught."

A fine frontispiece of Miss Clara Barton is given, from a photograph taken in St. Petersburg, in 1902, showing the decorations conferred upon her by the Czar and the Empress Dowager.

TO NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent; and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s.* *English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

No. 761. B. F. H.—The Vital Temperament predominates, giving you a full degree of circulatory power that nourishes your system. You are social, friendly, and companionable, and you have an eye to business; are adapted to selling goods, and would enjoy comparing the qualities and textures of materials that you handled. Your Temperament also adapts you to office work, such as typewriting, bookkeeping, correspondence, or clerking. You could succeed in telegraph work, dispatching messages, but you need a little more of the motive Temperament to be connected with an express company. Watch the development of your mind.

No. 762. G. E. S., Dayton, O.—You need more exercise in the open air to give you a fuller expression of the nutritive Temperament. You use up your vitality faster than you can generate it and must strive to take on as well as to give out. Attend to your bodily wants; breathe deeply from the lower part of your lungs as though you had a perfect right to draw in all the oxygen your system needed. We believe you know this, but all preachers do not practise what they preach, and you may be one of these kind of preachers. You perceive readily all mental phenomena; in fact spend a good deal of your time in reasoning out the cause and effect of things. Your memory of what you understand is excellent, but your memory of little things needs to be improved. You would make a good inspirational speaker when warmed up.

No. 763. W. W. J., New Haven, Ky.—You are quite a hustler and are able to get through double the work of many men in half the time. You do not like detentions nor care to hang around and do nothing. You are always on the go, and consequently you have the power to get through in a businesslike way much executive work. You should be placed where there is some effective work to be done, where you can lay out work, and plan a campaign at election time. You can tell just about what will take place and can be depended upon in a practical and energetic way. No encumbrances impede your progress or the advance of your plans. You are in your element when you are hustling about among men. You have a good many more plans to carry out than you will have time to elaborate. Consequently you can make some plans for other people or have experts around you to carry into effect what you recognize should be done. You do not waste anything, but have a natural storing-up or laying-by of what you do not need to use to-day. This power should help you in business or in commercial enterprise; also in the study of law, if it is united with commercial interests.

No. 764. E. W. H., Sedalia, Mo.—Your photograph indicates that you have a strong

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personality, and although not robust in organization, yet you have tenacity and a grip or hold on life. Yours is a very tenacious, enduring temperament. It is hard to turn you from a course when you have once started in an undertaking. You will learn much from travel and it would pay you to be on the road for a couple of years, for then you would mix with people, see how things are done, and pick up information very quickly. In business you would be sagacious and would know the value of stock, property, and material. You would be able to take responsibilities upon yourself and would not care to lean upon other people. You would not care much for compliments or flattery. In fact, people cannot touch you in this way. You are quite regular, systematic, persevering, and should make a good financier or accountant, as well as an excellent buyer of stocks and an investor of money.

OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY *will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.*

IF YOU USE A PSEUDONYM OR INITIALS, *write your full name and address also. Some correspondents forget to sign their names.*

C. O., Kansas.—You ask what are the principle qualities that make for success. In reply, we say it depends largely upon what line of work you wish to succeed in. If your ambition is to be an artist, you must cultivate different powers of your mind for this avocation than for a druggist or lawyer. You must first find out what your capabilities fit you for and, secondly, make a dead set for that line of work.

A correspondent to a New York evening paper once asked this question, and added the question also, "Do you think, Astrology, Palmistry, or Phrenology a guide? The editor of the so-called paper showed his ignorance of the subject of Phrenology by saying, "Phrenology enables human beings to hear compliments at a very reasonable rate each. There are a thousand kinds of well-shaped heads. We know they are well-shaped after we know what they have produced. Anybody can tell a microcephalic idiot at a glance, and anybody can tell a head well-formed and promising, or a head ill-shaped; that is about all that there is to that. It is the inside of the hickory nut, and of the head, that counts, not the accidental shape. Whatever the wise Phrenologist knows, the common-sense man knows. The latter knows more, for he is not blinded by theories that he wants to prove at any cost."

What folly it is to write in this way. A person is not guided by the accidental outside shape, without considering the quality and temperament of that organization, and what will make you succeed the best will depend upon your organization. If you were to send us your photograph, we could give you an idea of what you should study for. Energy, ambition, observation, reflection, tact, and concentration of mind are general elements of success. Cultivate these until we can give you more definite advice.

It is not flattery that Phrenology aims at; it is not theories that he wants to support. Many persons have got into the square hole, when they should have been in the round one.

E. B.—You ask if you think people eat too much. Many persons have a hobby upon the question of diet, and it is difficult to regulate all appetites by one rule. We think that some people eat more than they need to keep up the fuel of their bodies, while other people do not eat enough to keep body and soul together. If we could only properly blend the appetites of people, and bring them out in right proportion, it would be worth while trying. What we have got to do to-day is to educate people to think on common-sense lines; then we may expect some good results.

On going to press we wish to announce that the Phrenological Conference for October 28th will be held at 2 o'clock, instead of in the morning of that day. Papers will be read from Phrenologists in different parts of the world, and those who read this notice before the Conference takes place will, we trust, make an effort to be present, as well as at the dinner at 7 o'clock, and the evening meeting at 8. Both of the latter are to be held at Miller's Hotel, 39 W. 26th St.

The Conference will be held at 24 E. 22d St.

THE FOWLER INSTITUTE.

Lectures are held at the Fowler Institute, every first Wednesday evening in the month, when interesting Phrenological topics are discussed. The Students' Monthly Meeting is held the first Tuesday evening in the month. The Secretary wishes to call the attention of the past and present students to these meetings. Arrangements have been made for special subjects to be discussed, and opportunities will be given for the practical work. The attendance of all students is solicited. Classes in Phrenology are held weekly. Write direct for particulars for the fall, winter and spring sessions.

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THE AMERICAN INSTITUTE.

The Rev. Thos. A. Hyde, B.D., A.M., will lecture at the American Institute of Phrenology, on Tuesday evening, Dec. 6th, at 8 o'clock. This lecture will be free, and it is hoped that a good attendance will be present.

On Tuesday evening, January 3d, at 8 o'clock, the Rev. Arthur Jamieson, of the Eighteenth Street Methodist Church, will lecture on "Scottish Life and Character," illustrating the lecture with stereopticon slides.

This is a good time to subscribe to the PHRENOLOGICAL JOURNAL. Attention is called to the special premium offer of the Life Science Series of 52 books for $10.00 to subscribers of the JOURNAL.

FIELD NOTES.

Levi Hummel is located in Selinsgrove, Pa.

R. J. Black can be found in Vinton, Ia.

Allen Haddock continues to do business in San Francisco, Cal.

J. M. Fitzgerald is now taking a course in medicine to help him in his Phrenological work in Chicago, Ill.

V. F. Cooper is touring Canada, and is now located in Fernie, B. C.

D. F. McDonald, J. P. Wild, and Henry Humphries are giving examinations in St. Louis, Mo.

Martha J. Kellar is located in Cincinnati, Ohio.

Owen H. Williams and Alice M. Rutter are both in Philadelphia, Pa.

J. B. Harris is permanently located in Norwood, Mo.

E. J. O'Brien is in Hamilton, Ontario, Canada.

George Cozens is in Edmonton, Alberta, Canada.

Dr. Wright is in Ocean Grove and leaves for St. Louis on the 25th, and will return for Thanksgiving.

H. H. Hinman, Fort Worth, Tex.

PRIZE AWARD.

The prize offer for the best description of the boy, Christopher McConnell, who ran away from his Morristown school, is awarded to C. H. T., Trinidad, B. W. I. This competitor has taken great pains to account for the boy's action. We trust that our readers will compete for Captain Jack MacDonald's prize, and the one offered last month for the best description of the sunshine gentleman who made a practice of saying "good morning" to every one he met. See the September and October numbers of PHRENOLOGICAL JOURNAL. The last prize is open until December 31st.

PROGRAMME OF THE INTERNATIONAL CONFERENCE.

Programme of the International Conference and Closing Exercises, Friday, October 28th, at 2 P.M., 24 East 22d Street.

Chairman, Rev. Thomas Hyde, B.D., A.M.

Mr. Levi Hummel, class of 1876, "Phrenology and its Objectors."

Miss Emily M. Lutze, class of 1900, "Why Women should Study Phrenology."

Mrs. Hester E. Leach, "The Use of Phrenology in Education."

Mr. D. P. Flagg, "Character Reading."

Mr. W. C. Cox, "The Practical Value of Phrenology as Applied to Everyday Life."

Mr. B. Klein, "True Success. What it is and what it ought to be."

Mr. David Geo. Erwin, "Mental Deficiencies and How to Meet Them."

Miss Helen V. Pratten, "Phrenology in Relation to Moral Teaching."

Mr. D. T. Elliott, London, Eng., "The Practical Art of Character Reading."

Mr. J. M. Fitzgerald, Chicago, "The X-Rays of Phrenology."

Mr. Ira L. Guilford, Los Angeles, Cal., class of 1876, "The Philosophy of Phrenology."

Mr. Allen Haddock, editor of *Human Nature*, San Francisco, Cal., "Phrenology and New Thought."

Miss Irwin, class of 1893, "Phrenology and its Use in the School."

The Annual Meeting will be held at Miller's Hotel, 39 to 41 W. 26th Street, City, in the evening. The dinner will be served at 7 o'clock. Tickets, $1.00 each. Immediately after the dinner addresses will be given by the Faculty, interspersed with vocal and instrumental music by Madame Anna Jewell and Miss Thomas.

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THANKSGIVING

SARAH E. BAKER.

We thank our Heavenly Father,
Who from His throne above
Doth send to us all His blessings,
As tokens of His love.

The harvest so full and golden
Is from His outstretched hand;
And, voices now of thanksgiving
Are heard throughout the land.

PERSONALS.

"GRACE GREENWOOD."

We regret that Mrs. L. K. Lippincott, who was for so many years known to the literary public as "Grace Greenwood," died in April.

She was born in 1824 in New York State. Her father was Dr. Thaddeus Clarke, a grandson of President Edwards. In mature life the great-granddaughter showed many of the traits of the Edwards family, and manifested ever fresh interest in Nature for ceaseless mental fecundity that finds no bottom to its cruse of oil, and for a toughness of intellectual fiber that fitted her for a life of perpetual mental activity.

She was a member of the Woman's Press Club of New York, and an honorary vice-president.

She began to write at a very early age. Her pen was chiefly employed in writing for the young.

As a lecturer and reader Mrs. Lippincott was a favorite with the public, but her chief pleasure was in the exercise of her pen.

She possessed a warm, exuberant nature, and a heart throbbing with every fine sensibility, and every generous emotion.

THACKERAY'S HEAD.

Thackeray, like most Anglo-Indian infants, was sent when he was about five years of age to the mother country for mental and physical nourishment. An aunt with whom he lived discovered the child one morning parading about in his uncle's hat, which exactly fitted him. Fearing some abnormal and dangerous development of the brain, she carried him at once to a famous physician of the day, who is reported to have said: "Don't be afraid, madam. He has a large head, but there's a good deal in it." His brain when he died, fifty-three years later, weighed fifty-eight and a half ounces.

PERSONAL TASTES.

Mr. Balfour is a born musician and has a real gift for improvising on the pianoforte.

President Roosevelt is extremely fond of birds and keeps quite a large number of canaries.

The king of Italy has 200 horses in his stables. Each animal has its name painted in white letters over its manger.

King Edward has set his face against long dinners of numerous courses and has declared war on dinners of more than six courses.

Emile Robin, the aged vice-president of the French society for the saving of the shipwrecked, assists similar societies in other countries.

THE SULTAN AND THE OPERA-HAT.

The French artist, Benjamin Constant, was very fond of telling this story, which we take from the New York "Staats-Zeitung":

Once when Constant was traveling in Morocco he received an invitation from the Sultan to present himself to court at Fez. The painter's first thought was for his costume, and after much deliberation he decided to appear in conventional European evening-dress, including an opera-hat. He was ignorant of the fact that the Moors regard black garments as very common and vulgar, but he soon learned, from the audible sneers of the native courtiers, that he had sadly contravened Moorish ideas of "good form."

Being somewhat rash and considerably nettled he revenged himself by closing his hat and springing it open in the face of the sneerers who scattered, yelling with surprise and fear. The noise attracted the attention of the Sultan, who, on learning the cause, asked to be shown the wonderful hat in action. After seeing and carefully examining it, he gave utterance to this wise opinion:

"If I had lived a hundred years in your country and adopted all your other customs I could never have brought myself to set on my head so hideous a contrivance as that!"—Translation made for "The Literary Digest."

LONGEVITY.

The oldest man in the world is Manual de Valle, of Menlo Park, Cal. He has reached the age of 157 years. He has legal proof of his age. With many persons living beyond the hundred mark who have attracted public attention there has been grave doubt as to the year of their birth, for either their age is based upon their own story or upon

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hearsay. The proof of this man's age is documental. He has in his possession the certificate of his birth, signed by the chief magistrate of Zacatecas,. Mexico. The certificate shows that he was born on November 24, 1745, and it is supplemented by the records of the Mexican Custom Service, in which he served for many years. Were it not for these indisputable proofs it would scarcely be believable that a human being could have reached the age of 157. At the time he was born George Washington was only thirteen years of age. This man was ten years old when the French and Indian War began. He was a full-grown man of twenty when the battle of Bunker Hill was fought, and was already an old man when Napoleon was defeated at Waterloo. He retired from active business at the age of 88.

Why do not more people try to live out their full span of life by eating to live instead of living to eat? Manual de Valle is a frail-looking man, scarcely five feet tall, and weighs about ninety pounds. He is still able to walk without assistance and takes a daily stretch about his house. His hearing is fairly good, but his eyesight is failing him somewhat. He has never used liquor nor tobacco; furthermore, he declares that he has never wet his feet nor been out in a frost, apparently holding these things to be equally fraught with evil. At present he never eats solid food and his only nourishment is bean broth. His rules for attaining to so great an age are very simple—namely, pray regularly to God, attend mass when you are able, and sit in the sun. The latter he does continually.

DR. DALE ON SOLIDARITY.

Soon after Dr. Dale's death the following letter was published:

To the Editor of "The British Weekly."

Dear Sir: In your issue of the 31st ult., Dr. Mackennal states that he will be glad to be directed to a passage in the works of the late Dr. Dale in which reference is made to the "solidarity of mankind." If he will turn to the Lectures on the Ephesians he will find such a passage. On page 104, Dr. Dale says: "The individual life cannot be isolated from the life of the race: we are one with all mankind. We stand together, we fall together. The law which the French call the solidarité of the human race . . . lies at the root of most of the moral difficulties which through generation after generation have driven men into scepticism and despair." This law Dr. Dale proceeds to illustrate. Yours truly,

Thomas Darlington.

8 Byrnmill-crescent, Swansea.

PRIMITIVE SURGERY.

Surgical operations were performed on the human skull in America two hundred years before the coming of Columbus. The work was done in those early days with the aid of shells and flint hatchets. Many skulls have been discovered in Peru which illustrate the methods of these early surgeons. From the appearance of the skull it is also evident that a considerable proportion of those operated upon lived afterward.



This trephining was probably performed to save the lives of those who had received a serious wound from a club or a stone. Considering that the surgeons of those early days worked with nothing more effective than sharp shells or flint knives, the work is exceedingly creditable. Human skulls bearing the signs of similar operations also have been found in Europe dating back to prehistoric times.

A PURE DEMOCRACY.

A better expression of the people's will can be given by voting for questions than by voting for individuals, and trusting them to represent the people. Only by voting for questions can we have a government by the people—a pure Democracy.

HEALTH RULES.

Moderation in eating and drinking.

Regular work and mental occupation.

Daily baths, cold one day, warm the next.

Pure air out of the house and within it.

Check the craving for stimulants and anodynes.

Take regular exercise every day in all weather.

Cultivate placidity, cheerfulness and hopefulness.

Keep every vital organ in constant working order.

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COLD WEATHER AILMENTS.

"The Christian Work and Evangelist" gives the following good advice on cold-weather ailments:

"An ounce of prevention is worth a pound of cure" is an old saying and a true one. If the many ailments of cold weather can be prevented much discomfort is avoided, to say nothing of the danger attending the more severe ones.

A few years since a prize was offered by a certain publication for the best method of curing a cold, and it was awarded to the writer who advocated deep breathing, or "packing" the lungs as a means of cure.

As a preventive, deep breathing is even more useful, strengthening the respiratory organs, equalizing the circulation of the blood and invigorating the entire system. By persistent effort a habit of deep breathing may be formed which will induce a marked improvement in the general health. In addition to this, a few minutes should be devoted to the packing of the lungs at least once a day and two or three times is better. The open air should be chosen for this exercise, unless the weather is extremely cold, when the fresh air may be let into the room. To pack the lungs draw in a deep breath and hold it a few seconds, then draw in a little more and hold it in the same way, after which exhale slowly. Rest a short time by breathing naturally, then repeat, inhaling as much air as possible each time.

A daily bath, if properly taken, is a very effective factor in warding off colds. For most people the tepid bath is most comfortable as well as the safest, but some prefer a cold plunge at all seasons. A warm bath should only be taken at night, and even then should be followed by a dash of cold water and a brisk rubbing to close the pores of the skin and tone up the system. Soft water should be used for bathing, especially in cold weather, when the hard water is liable to cause the skin to chap. If rain water cannot be procured the well water may be softened by the addition of borax.

Moderate and intelligent eating is another factor to be considered. Everyone may not know that overeating is one of the surest ways to contract a cold if one is exposed to the feather soon afterward. If the stomach is kept in good order by careful eating, the skin kept active by a morning bath, and attention given to breathing as directed, there will be little danger of "taking cold" under ordinary conditions.

As these directions are not followed in all cases it is well to know what to do to break up a cold before it becomes serious. The old method was to drink large a quantity of some hot stuff, usually herb tea, and go to bed to sweat the cold off. A cure usually followed, but as the treatment is rather uncomfortable, many will prefer to take camphor or aconitum in homeopathic doses, which, if taken at the very first, is usually effective. The vapor of oil of eucalyptus globrilicus is highly recommended for cold in the head. It may be used in an inhaler (a few drops of the oil put in the hot water), or on a piece of soft cloth held to the nostrils. For cough or cold on the chest onion syrup is excellent. A syrup made by boiling shavings of fat, resiny pine in water and sugar will cure a cough very quickly. Hot lemonade is also good. For a cough at night put a small piece of borax in the back of the mouth and let it slowly dissolve. Immediate relief will follow. For a tickling in the throat try the beaten white of an egg and the juice of a lemon thickened with white sugar.

For sore throat use a gargle of borax and water.

Camphorated oil, or better still, a liniment made of one ounce of turpentine, one ounce of gum camphor, and two ounces of sweet oil, to rub on the throat and chest in case of colds, should be in every medicine closet.

It is well to be prepared for action when these emergencies occur.

Experience.

THE WITLESS WHO SNEER.

Many a man who might have risen,
Unknown, unsung, has died;
With his soul shut up in a narrow prison,
Many a man has never tried,
Because of the fear
That others would sneer.

The men who fill the world with wonder,
Whose names are written high,
Would be with the ones who are staying under,
Had they never gone forth to try.
Had they nursed the fear
That others would sneer.

Why should we dread the hooting scoffer,
Is HE ever high or great?
And what is the help that he has to offer
To the timid who shrink and wait?
Why harbor a fear
Of the witless who sneer?

—Selected.

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SENSE AND NONSENSE.

Live out in the sunshine,
For thee it was made;
Get into its warmth;
Don't stay in the shade.

Joy cometh with cheerfulness,
Tears come with gloom;
Cheer creates a heaven,
Darkness, a tomb.

Get into the sunlight,
Live near to thy Lord;
You will ever be happy,
If you obey His word.

—Faith.

GRAINS OF GOLD.

All superstition is the growth of fear and ignorance.

Truth never dies; it sometimes lies in a trance for a long time.

There is nothing on earth so full of mischief as a mischievous woman.

It often requires more bravery to say "no" than it does to resent an insult.

A good reputation is like good health; it is not fully appreciated until it is lost.

The quickest way to beat a woman in an argument is to listen and say nothing.

Modesty is a great ornament, but sometimes it is more ornamental than useful.

One of the best tests of a sound man is that he possesses great wealth, and is not arrogant.

Young man, if you have doubts about anything, give your conscience the benefit of the doubt.

There may be such a thing as a man who has stolen once and then stopped, but we don't know him.

TIME WILL TELL.

Sharpe—On his birthday before their marriage she gave him a book entitled "A Perfect Gentleman."

Whealton—Any change after a year of married life?

Sharpe—Yes; on his last birthday she gave him a book entitled "Wild Animals I Have Met."—Tit-Bits.

Hobbs: "What influence was brought to bear on the boy strikers to induce them to go back?"

Cobbs: "I don't know exactly, but I heard it was knee and slipper influence."—Baltimore American.

De Cadde: "The family of my brother-in-law, the Prince, is descended from Julius Cæsar."

Fitz Bile: "And it hasn't finished descending yet, has it?"—New Orleans Times-Democrat.

"The Ka Flippes evidently feel very aristocratic."

"Oh, they are! Mrs. Ka Flippe wouldn't think of having anything but real Panama hats for her horses."—Chicago Record-Herald.

Honestman: "I had to discharge my confidential man to-day. He didn't know enough for the position."

Crookedchap: "I discharged mine also. He knew too much."—Cincinnati Times-Star.

Knippe: "They say that if you could extract the pure carbon from a piece of coal you would have a perfect diamond."

Tucque: "Yes, but who wants to spoil a piece of coal just for that?"—Exchange.

Muggins: "Is that an upright piano next door?"

Buggins: "Give it up. All I know is that it's a downright nuisance."—Philadelphia Record.

Church: "Who was the author of 'The Mistakes of Moses'?"

Gotham: "His typewriter, I suppose."—Yonkers Statesman.

Judge (sarcastically): "Did you ever earn a dollar in your life?"

Vagrant: "Oh yes, I voted for your Honor once."—Puck.

Skinflint: "If anything should happen to me, dear, you will be all right. I've just insured my life."

"But suppose nothing does happen you?"—Life.

"I don't see how you can have any fault to find with him."

"Why not?"

"Because he appears to be a man who is absolutely without faults of any sort."

"That's just it; that's his worst fault."—Philadelphia Catholic Standard and Times.

"In these days of automobiles and flying machines," said the president of the life insurance company, "it is well for us to add another restriction to our policy."

"What would you suggest?"

"We must bar out everyone who is proven to be an habitual pedestrian."—Philadelphia Press.

Housekeeper: "Half the things you wash are torn to pieces."

Washerwoman: "Yes, mum, but when a thing is torn in two or more pieces, mum, I count them as only one piece, mum."—New York Weekly.

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FOWLER & WELLS CO.

On February 29, 1884, the **FOWLER & WELLS CO.** was incorporated under the laws of the State of New York as a Joint Stock Company, for the prosecution of the business heretofore carried on by the firm of **Fowler & Wells.**

The change of name involves no change in the nature and object of the business, or in its general management. All remittances should be made payable to the order of **FOWLER & WELLS CO.**

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CURRENT EXCHANGES.

"Human Nature"—San Francisco, Cal.—The opening article on the "Correlation of Brain, Body, and Mind," by the editor, Prof. Allen Haddock, is illustrated by pictures of Herbert Spencer and a gorilla, with a reproduction of what is supposed to be the hand of each, taken from "The San Francisco Examiner," but as Prof. Haddock points out, "the hand is not that of Herbert Spencer," and the article plainly shows that it would have paid the writer to have studied Phrenology before publishing it. "Your Brain is for Use" is the title of another article. "Law Prior to Mind," and "The Value of Right Living" are other interesting topics that are treated upon.

"Madame"—Indianapolis, Ind.—contains an illustrated article of Mrs. Fairbanks and her home in Idianapolis, which is an attractive feature of the October number. "Where Hamlet Lived and Loved—Elsinore" is a finely descriptive and beautifully illustrated article. "Australia and Her Resources," by Rev. Francis E. Clark, is an article calculated to do considerable good in educating the people to a right understanding of the country.

"The Medico-Legal Journal"—New York—contains an article by Dr. Henry S. Drayton, of New York, on "Hypnotism and Suggestive Therapeutics," also an article by Charles Brodie Patterson, on "Suggestion." Both of these articles are highly valuable from a psychological and therapeutical standpoint.

"Lippincott's Magazine"—Philadelphia—contains its usual quota of interesting stories.

"Everywhere"—Brooklyn—contains many interesting articles, one on "A Thoughtful Child," by Secretary Shaw, another under the heading "World's Success" is an interesting article on "Away to School and College," which is very appropriate for this time of the year. "The Home Week in New England" is one of the latest poems by Will Carleton.

"Good Health"—Battle Creek, Mich.—contains an article on "Hygienic Perform at the Fair," by G. C. Tenney, illustrated. "The Care and Treatment of Typhoid Fever," by F. J. Otis, M.D., is valuable in its advice.

"The St. Louis Democrat"—St. Louis, Mo.—Its magazine issue for October 11th has an article on "The Most Interesting People at the World's Fair, their Picturesque Costumes and Curious Customs, their Land a Paradise to Women," which makes a very interesting feature of this paper.

"The Educational Record"—Quebec, Canada—always has something good in it. Its articles are short and to the point.

"Mind"—New York—is a magazine of Science, Philosophy, Psychology, and Metaphysics, and has articles on New Thought. It takes up such subjects as "The Soul and Personality," "The Ministry of Healing," etc.

"The Light of Reason"—London—contains an article on "The Expounding of the Laws of Being and Higher Life"; one article is on "Purity," another on "Brotherhood," another on "The Progress of the Soul."

"Suggestion"—Chicago.—A magazine of the new psychology for health, happiness,

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and success, contains an article on "Physical Bankruptcy," by Herbert A. Parkyn, M.D., which is a practical article, calculated to do a great amount of good.

"The Club Woman"—New York—contains an article on "Woman's Parliamentary Club, Port Angeles, Washington," and under the heading of "National Congress of Mothers" many interesting reports are given. "Lords of Creation Under the Lens" is the title of another forcible article.

"The Popular Phrenologist"—London—contains articles on the Temperaments; also articles by James Webb, J. Millott Severn, W. G. Wheeler, all of which are interesting and profitable reading.

"The Review of Reviews"—New York—contains the latest magazine news of the day. It has a chapter on "The New Books and Notes on Recent American Publications," which are brief and to the point.

"Health"—Sonoma County, California.—The articles in this magazine are on "The New Theory of Eating," "The Philosophy of Life," "Osteopathy," "Hints to Nurses," all of which make a very readable and instructive magazine.

"Medical Talk for the Home"—Columbus, Ohio—has a wonderful collection of short and interesting articles. We are told "The Art of Keeping Young," and the question is asked and answered, "Are American Women Becoming Healthier?"

"The Medical Times"—New York—contains an interesting article on "Is Appendicitis on the Increase?" Also articles on "How Early in Life can a Good General and Medical Education be Had?" "Refinements in Milk Handling," among other very interesting and instructive articles.

"The Dog Fancier"—Battle Creek, Mich.—is a paper finely illustrated, containing valuable information pertaining to dogs, and is full of the latest news about prize winners.

"Human Culture"—Chicago, Ill.—contains an excellent article on "A Series of Lessons in the Character-reading Art," showing the different kinds of eyes and eyebrows, etc., which is interesting to a student of Physiognomy. "The Temperaments" is another article, showing the indications of character, and relations to health and disease, illustrated by photos of King Edward VII, Abraham Lincoln, Geo. W. Cable, and the late President McKinley.

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"The Relation of the Sexes," by Mrs. E. B. Duffey, author of "What Women Should Know." Table of Contents: Introductory Chapter, "Sexual Physiology," "The Legit-

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imate Social Institutions of the World—the Orient," "The Legitimate Social Institutions of the World—the Occident," "Polygamy," "Free Love and its Evils," "Prostitution—Its History and Effects," "Prostitution—Its Causes," "Prostitution—Its Remedies," Chastity," "Marriage and its Abuses," "Marriage and its Uses," "The Limitation of Offspring," "Enlightened Parentage." Price, $1.00—4s.

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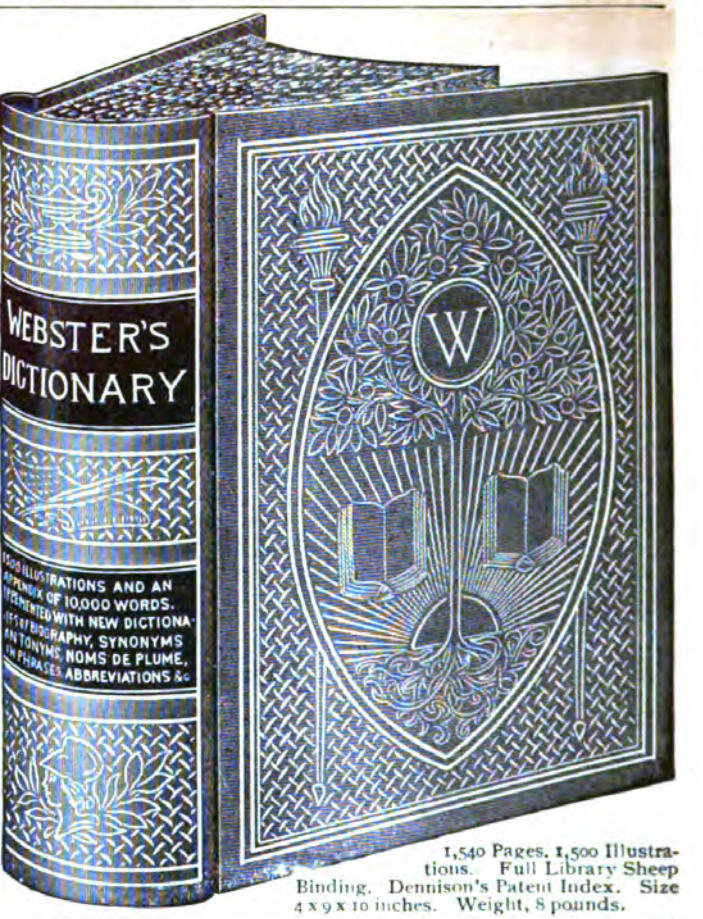
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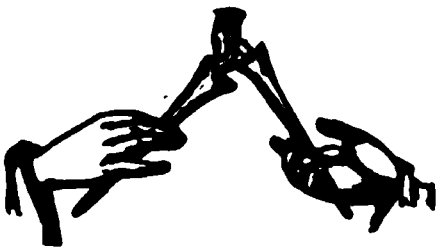
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Contents from January to December, 1904.

A

PAGE

American Institute of Phrenology, The...27-33-34-59-68-94-102-136-157-169-203-238-297-304-334-370-403
Art, Poetry, The Products of the Subjective Mind, Music, by J. P. Sibley, M.D. 92-125-152
Annual Report of the Department of the Interior, 1902. 31-65
An Expert's Opinion on the Mentality of Marx..... 14
An Expert's Study of Corbett's Face, etc..... 47
A Song of Spring (Poem), by S. E. Baker..... 131
A Drawing Contest..... 170
Arnold, The Late Edwin R. 188
Among the Roses (Poem), by S. E. Baker..... 201
Award, Prize.....203-236
A Visit to Plymouth, Mass., by F. V. Townsend..... 214
Art, Phrenology and..... 216
Application of Power, The, by Julia Colman..... 222
Annual Report of the Flower Institute, London..... 230
American Institute of Phrenology, and its Proposed New Work..... 232
Allen, Death of the Late Mr. John..... 236
Apostle Paul a Vegetarian, The..... 254
Address by the Hon. Edward Lauterbach, LL.D..... 293
Appendicitis..... 295
Autumn Leaves (Poem), by Margaret Isabel Cox..... 331
Authors, Their Choice of..... 332
Alcoholic Stimulants..... 353
Art of Getting Acquainted at Home, The..... 395
Annual International Conference. The..... 403

B

Babcock, The Late Rev. Maltbie Davenport, D.D..... 9
Bedtime, At.....24-56
Becker, Maurice Lund..... 56
Bread Problem, The, by E. P. Miller, M.D..... 84
Be Thou a Star, a Sun (Poem), by M. I. Cox..... 97
Brains of the Van Wormer Boys, The..... 131
Baths..... 132
"Bridgman, Laura," Dr. Howe's Book (Reviews)... 196
By the Sea (Poem), by S. E. Baker..... 218
Barnard Graduation, The.... 226
Bilious Temperament, The... 259
Both Ryhme and Reason.... 288
Brain of Frederick Bock..... 297
Bible-Teachers' Training-School..... 304
Baby Known, The Smallest Living..... 324
Brain, Form of Request of... 338
Butcher Strike, The Late.... 351
Boy Pyromaniac's Character is Analyzed from a Study of the Formation of his Head, by Prof. J. M. Fitzgerald.. 357
Brain, the Most Patient Organ in the Body, The..... 365

C

PAGE

Childhood, The Psychology of, 24-56-85-121-150-193-224-256-291-322-359
Correspondents, Our 42-68-101-169-202-236
Concentration or Attention (Practical Psychology)..... 43
Conjugality, The Organ of... 80
Character, Truthfulness in Individual, by Julia Colman. 81
Causes of Disease and Death, The, by E. P. Miller, M.D. 84
Clams, Typhoid Fever from, by E. P. Miller M.D 84
Corbett's Face, An Expert's Study of, etc..... 47
Creation of Man, The, by Dr. E. P. Miller..... 51
Civilization, Health and..... 119
Character Sketch of the Emperor of Japan..... 137
Cherubims and Flaming Sword 117-148
Cranial Measurements of the Heads of Two Robbers, The 181
Character Sketch of Mr. L. V. Harcourt..... 187
Cure for Felon..... 190
Case for the Psychologist, A (Wallace H. Ham)..... 200
Carpe Diem, by Laura M. McCall..... 246
Comparison Between College and Business Boys..... 248
Curing Disease Without Drugs by Dr. E. P. Miller..... 253
Care of the Bathroom, by A. M. H..... 253
Convocation of the University of New York, The..... 270
Characto-graphs of Hon. Richard S. Tuthill and Mr. J. J. McManaman, from a Personal Examination, by J. M. Fitzgerald..... 273
Crosby, Phrenological Sketch of the Hon. John S..... 307
Correlation of Mind and Body, The, by Allen Haddock.... 310
Choosing Pursuits, More Care in, by M. Tope..... 315
Cuba as a Winter Health Resort..... 319
Concerning Floor Coverings.. 353
Christmas in Many Lands, by the Rev. James Johnston.. 397

D

Dangers, Domestic, by Julia Colman..... 21
Dyke, Dr. Van..... 9
Disease and Death, The Causes of, by E. P. Miller, M.D..... 84
Disease, The Factors in the Treatment of, by Chas. H. Shepard, M.D..... 54
Domestic Dangers, by Julia Colman..... 21
Dr. Robert Walter, A Personal Appreciation of..... 103
Drawing Contest, A..... 170
Death of the Late Mr. John Allen..... 236
Diversity of Disposition in the Use and Abuse of Hospitality, by Mrs. Franklin W. Hooper..... 248

PAGE

Datas, the Human Encyclopedia..... 271
Drugs There is No End, Of Making Many..... 287
Danger of Being Alive, The.. 340
Diagnosis from the Eye, The, by Otto Carque..... 362
Dr. Dale on Solidarity..... 372

E

Exercises from January to December, by Capt. MacDonald, 15-50-74-112-117-145-190-221-264-289-321-354-387
Expert's Opinion on the Mentality of Marx, An..... 14
Editorials....29-63-97-131-199-231-265-399
Exact Science of Health, The, 107-156-192-223
Emperor of Japan, Character Sketch of the..... 137
Eliot, President, at Seventy.. 166
Education of Infancy, The... 194
Ere Harvest-Time (Poem), by Margaret Isabel Cox 282
Electricity will be the Nerve Food of the Future, Acting as Rapidly as Possible, Dr. Carlton Simon says..... 296
Eddington, Mr. A. S., by D. T. Elliott..... 283
Exercises for a Delicate Child, The..... 326

F

Field Notes, 34-67-101-134-168-203-237-270-304-338-370-397-403
Fowler Phrenlogical Institute, 34-68-101-135-168-230-238-266-334-369-403
Food..... 19
Factors in the Treatment of Disease..... 54
Fallows, The Rt. Rev. Samuel T..... 69
Faculties, The (Poem), by M. I. Cox..... 169
Felon, Cure for..... 190
Face, How a Man's Career Shows Itself in His..... 205
Farm, Phrenology on the, by M. Tope..... 212
Fowler Institute, Annual Report of the..... 230
Fact Regarding Sciatica, A, by Chas. H. Shepard, M.D. 264
Fox Terriers, The Intelligence of..... 272
Family Government, by M. Tope..... 280
Food Value of Fruits and Nuts..... 287
Fisher, Phrenological Sketch of Admiral Sir John..... 355
Fine Hiding Place, A..... 396

G

Gathering Flowers (Poem), by S. E. Baker..... 165
Graduation, The Barnard.... 227
Giant from Babyland, A..... 325
Grape a Minute, A..... 340
Good Things from Vermont.. 358

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CONTENTS.

H PAGE

Herbert Spencer.....35-63
Higher Education and Motherhood, by Mary Lowe Dickinson.....87-123-151
Have You Got the Humeritis?..... 91
Humeritis, Have You Got The..... 91
Health, The Exact Science of, 107-156-192-223
Health and Civilization..... 119
Harcourt, L. V., Character Sketch of..... 187
Ham, Wallace H. (A Case for the Psychologist)..... 200
How a Man's Career Shows Itself in His Face.....205-239
How to Succeed..... 231
How Smoking Tobacco Affects the Brain.....255-263
Horn of Plenty..... 288
Health Advice from a Billionaire..... 288
Hutton, The Late Lawrence. 298
Holmes, The Late Rev. Lucius 299
Haddock, Phrenological Sketch of Prof. Allen and Mrs..... 312
Hygiene of Sunshine, The.... 320
Health Habits..... 351

I

Individual Character, Truthfulness in..... 55
Improvement Society, The Universal.....67-204
Inebriety, Treatment of..... 118
Infancy, The Education of.. 194
In the Public Eye (Anna Jewell)..... 217-391
Independence Day (Poem), by M. I. Cox..... 230
Intelligence of Fox Terriers, The..... 272
Is the Stomach a Cemetery? 289

J

Joaquin Miller, Brief Analysis of his Character..... 1
Joseph Salomonson..... 126
Japanese, The, by J. M. Fitzgerald..... 140
Jaundice, Mental, A Pathological Case..... 339
Japanese as Fighters and Reformers, The, by Dr. E. P. Miller..... 384
"Just Common Good"..... 395

K

Knowledge is Power, by Julia Colman.....97-191
Knife Removes Criminal Instinct..... 339

L

Lincoln, Our Abraham, by M. I. Cox..... 40
"Laura Bridgeman," Book by Dr. Howe..... 196
Lymphatic Temperament, The..... 259
Lauterbach, Hon. Edward, Address by..... 293
Longevity and Some Worthy Examples, by J. A. Fowler. 341
Longevity.....365-371
Let Us Give Thanks (Poem), by Margaret Isabel Cox.... 365

M PAGE

Miller, Joaquin..... 1
Moses, The Secret of the Greatness of, Rev. C. E. MacGinniss.....7-41
Memory (Practical Psychology)..... 74
Motherhood, Higher Education and, by Mary Lowe Dickinson..... 87
Music, Art, and Poetry, The Products of the Subjective Mind.....92-125-152
Mind, Music, Art, and Poetry, The Products of the Subjective.....92-125-152
March, Exercises for..... 74
Mesmerism and the Doctors, by J. T. S..... 99
Marx, An Expert's Opinion on the Mentality of..... 14
Murderers, Phrenological Analysis of Three Captured... 48
Man, The Creation of, by Dr. E. P. Miller..... 51
Mental Derangement, Phrenology and..... 165
Ministers, Phrenology for, by M. Tope..... 197
Measurement's, Cranial, of the Heads of Two Robbers.... 181
Miss E. A. Vescelius (Men and Women of Note)..... 185
Machine, A Thought-weighing..... 199
My Genevieve (Poem), by Stanley Barker..... 252
Morphine and Whisky Treatment..... 263
Maps of a Man's Living Brain are Now Made Possible.... 266
Man Who Has Lived Twenty Years With the Blade of a Knife in His Brain, Case of a..... 271
More Care in Choosing Pursuits, by M. Tope..... 315
Mental Jaundice, A Pathological Case..... 339
MacDonald, Mr. Wilson, Phrenological Sketch of... 345
McConnell, Christopher, Got Homesick and Ran Away.. 262

N

New Year, The, (Poem).....8-29
New Year, The, (Editorial).. 29
Notes, Field, 34-67-101-168-203-237-270
New Subscribers, To, 32-66-100-134-167-201-235-268-301-337-368-402
National Celebrations, Our, (Poem), by S. E. Baker.... 63
News and Notes...115-189-271-306-338
Nonsense and Sense..... 102-170-204-238
Nervous Temperament, The. 258
Night Walk of Boy of Eleven 262
Nature's Laws, Violating..... 352

O

Our Lincoln (Poem), by M. I. Cox..... 40
Our National Celebrations (Poem), by S. E. Baker.... 63
Our Correspondents, 4-101-169-202-236-271-305-337-369-403
One Life (Poem), by M. I. Cox..... 130
Oldfield, Prof. R. H., by J. A. Fowler..... 284

P PAGE

People Talked About.....9-46-77
Practical Psychology, 5-43-75-111-144-179-213-251-279-314-349-385
Psychology of Honesty vs. Conventional Lies, The.... 30
Psychology of Childhood, The, by Uncle Joe.....24-56-85-121-150-193-224-256-291-322-359-392
Paine, Fred J..... 25
Phrenology in Detective Work, by L. A. Clapp..... 22
People of Note.....77-113-146-182-283
Psychic Life and Laws, by C. O. Sahler, M. D..... 65
Phrenology, The American Ins. of...39-59-94-126-157-203
Prize Offer, A, 45-152-222-305-396
Phrenological Analysis of Three Captured Murderers. 48
Psychology, The Study of.... 64
Power, Knowledge is, by Julia Colman.....97-191
Plain Living Movement, The. 98
Personal Appreciation of Dr. Robert Walter, A..... 103
Phrenology, The Rationale of, 90-124-154-195-228
Phrenology in Education, The Utility of..... 142
Phrenology and Mental Derangement..... 165
President Eliot at Seventy... 166
Phrenology for Ministers, by M. Tope..... 179
Psychologist, A case for the (Wallace H. Ham)..... 200
Prize Award.....203-236-370
Phrenology in Sweden..... 203
Phrenology on the Farm, by M. Tope..... 212
Plymouth, Mass., A Visit to, by F. V. Townsend..... 214
Phrenology and Art, Mrs. R. Smith..... 216
Power, The Application of, by Julia Colman..... 222
Psychology versus Temperament..... 258
Present Day Use of Phrenology, The..... 307
Phrenological Conference.338-370
Pathological Case, Mental Jaundice..... 339
Pyromaniac's Character is Analysed from a Study of the Formation of his Head, Boy, by Prof. J. M. Fitzgerald..... 357
Perfect Babyhood..... 361
Personals..... 371
Primitive Surgery..... 372
Phrenological Sketch of Joachin Miller, by J. A. Fowler. 1
Phrenological Sketch of the Late Rev. Maltbie D. Babcock, D.D., by J. A. Fowler 9
Phrenological Sketch of the Rev. Wm. R. Richards, D.D., by J. A. Fowler..... 12
Phrenological Sketch of Marx, J. M. Fitzgerald..... 14
Phrenological Sketch of Fred J. Payne, by Uncle Joe..... 25
Phrenological Sketch of Herbert Spencer, by J. A. Fowler..... 35
Phrenological Sketch of Adelina Patti (Cederstrom), by J. A. Fowler..... 46
Phrenological Sketch of Young Corbett, by S. P. Goodhart, M.D..... 48
Phrenological Sketch of Three Captured Murderers, by J. M. Fitzgerald..... 48

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CONTENTS.

PAGE

Phrenological Sketch of Maurice Lund Becker, by Uncle Joe 56
Phrenological Sketch of Bishop Samuel Fallows, D.D., by J. M. Fitzgerald 69
Phrenological Sketch of the Late Chas. T. Saxton, by Frank Finch 77
Phrenological Sketch of the Late Mrs. Emma Booth-Tucker 78
Phrenological Sketch of Stillwell S. Field, by Uncle Joe. 85
Phrenological Sketch of Robert J. Houghton 121
Phrenological Sketch of Sylvia Lund Becker 150
Phrenological Sketch of A. F. R. (A. F. Reinhold) 193
Phrenological Sketch of L. V. Harcourt, M.P. 187
Phrenological Sketch of Charles Wadsworth Parsons, by Uncle Joe 224
Phrenological Sketch of Sir Henry M. Stanley, Explorer 240
Phrenological Sketch of Vassili Verestchagin 240
Phrenological Sketch of Sir Henry Irving 243
Phrenological Sketch of Hon. John Hay 244
Phrenological Sketch of M. Emile Vandervelde 245
Phrenological Sketch of M. Jean Jaures 245
Phrenological Sketch of William Leiter 256
Phrenological Sketch of Hon. Richard S. Tuthill 273
Phrenological Sketch of J. J. McManaman 273
Phrenological Sketch of A..S. Eddington 283
Phrenological Sketch of G. R. Blanco-White 283
Phrenological Sketch of R. H. Oldfield 284
Phrenological Sketch of Bernard Henry 291
Phrenological Sketch of Hon. John S. Crosby 307
Phrenological Sketch of Mr. and Mrs. Allen Haddock 310
Phrenological Sketch of John Arthur Richardson 322
Phrenological Sketch of Wilson MacDonald 345
Phrenological Sketch of Admiral Sir John Fisher 355
Phrenological Sketch of James T. Brain 357
Phrenological Sketch of John MacCabe 359
Phrenological Sketch of Character of Victor Roland O'Shea 386

R

Richards, Rev. Wm. R., D.D. 12
Rt. Rev. Samuel T. Fallows, The 69
Rationale of Phrenology, The, by F.W. Wilkinson, of London ...90–124–154–195 228 260
Russians and Japanese Compared 141
Robbers, The Cranial Measurements of the Heads of Three 181
Roses, Among the (Poem), by S. E. Baker 201
Real Trouble in the Schools, The 332
Rays of Blue 367
Reviews...31–65–99–133–167–196–234–269–301–333–367–401

PAGE

Annual Reports of the Department of the Interior, 1902, 31–65–132–301
Sea Drift, by Rev. Antoinette Brown Blackwell 65
Psychic Life and Laws, by Dr. C. O. Sahler 65
Hypnotism and the Doctors, Part II 99
Practical Physiognomy, by Tasman G. Carey .. 167
How to Read Character by Handwriting, by Henry Rice 167
Phrenological Guide, by L. Greenstein 167
Glimpses into the Labyrinths of Nature, by Julius Kuhn 167
Laura Bridgman, by Maud Howe and Florence Howe Hall 196
Science of Health, by Samuel Fallows, D.D., LL.D., and Helen M. Fallows, A.M. 234
Telepathy, by R. Dimsdale Stocker 269
Diagnosis from the Eye, by Henry Edward Lane, M.D. 269
The A. B. Z. of our Own Nutrition, by Horace Fletcher 302
The New Glutton or Epicure, by Horace Fletcher 302
The Foundation of all Reform, by Otto Carqué 333
The Story of the Red Cross, by Clara Barton 367
Roosevelt, Prest. Theodore, Critical Analysis by J. A. Fowler 375
Ring out the Old (Poem), by Tennyson 400

S

Subscribers, to New ... 32–66–100–134–167–201–235
Suggestions for Mothers 26
Science and the Bible 16–51–82
Spencer, Herbert 35–63
Study of Physchology, The .. 63
Society, The Universal Improvement 67
Science of Health, The, 16–51–82–115–147–189 219–253–287–317–351–388
Sea Drift, by Rev. Antoinette Brown Blackwell 65
Specialized Education, by John L. Streever 88
Sense and Nonsense .. 102–170–204–238–272–306–340–374–408
Salomonson, Joseph 126
St. Louis and Her Representative Men 171
Louisiana Purchase Exhibition, St. Louis, Mo 174
Sweden, Phrenology in 203
Sea, By the (Poem), by S. E. Baker 218
Succeed, How to 231
Summer Incidents, by Mrs. Franklin W. Hooper 248
Sanguine Temperament, The. 259
Sciarica, A Fact Regarding .. 264
Summer School for Children .. 270
Sugar, We Eat too Much 289
Simon says Electricity will be the Nerve Food of the Future, Acting as Rapidly as Possible, Dr. Carleton 296
September (Poem), by Sarah E. Baker 297

PAGE

Sanctified Saloon, The 300
Sugar as Food 317
Shall We Eat Raw Food 318
Smallest Living Baby Known. 324
Strike, The Late Butcher 351
Stanton, An Interview with Mrs. Elizabeth Cady 361
Sultan and the Opera Hat, The 371
Solidarity, Dr. Dale on 372
Story for Prize Award, A 396
Story Old, The, (Poem) 400

T

To New Subscribers ... 32–66–100–134–167–201–402
Three Captured Murderers, Phrenological Analysis of .. 48
Truthfulness in Individual Character 55
Tucker, the Late Mrs. Emma Booth 78
Treatment of Inebriety 119
The Brains of the Van Wormer Boys 131
The Japanese, by J. M. Fitzgerald 140
Train, Geo. Francis (Amer. Ins. Phrenology) 157
The Fowler Institute 168
The Faculties (Poem), by M. I. Cox 169
The Study of Phrenology ....
The World's Fair Secretary, Walter B. Stevens 73
The Late Sir Edwin R. Arnold 188
Thought-Weighing Machine, A 199
The Application of Power, by Julia Colman 222
The Barnard Graduation 227
Talks to Parents on Training of Children, by William J. Shearer 257
Thought Culture for the Flower Garden 332

U

Universal Improvement Society, The 67–204
Utility of Phrenology in Education 142

V

Van Dyke, Dr. 9
Van Wormer Boys, The Brains of 131
Vescelius, Miss Augustus (Men and Women of Note) 185
Vigor of One's Health and the Certainty of his Life Depend upon the Amount of Life-Power he Possesses ...258
Violating Nature's Laws 352

W

Wolves in Men's Clothing, by N. A. Clapp 45
Walter, Dr. Robert, A Personal Appreciation of 103
What is the Need of a Phrenological Institute 6
World's Fair Secretary, The, Walter B. Stevens 173
What Shall I Become 265
We Eat too much Sugar 289
What Makes the Man 290
White, Mr. G. R. Blanco 283
What We shall be in Seven Hundred Years 366
Witless Who Sneer, The 373

Y

Yale Graduates and Their Work 331

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Original from UNIVERSITY OF MICHIGAN

Illustrations.

A

Abraham Lincoln 40
Adelina Patti (Cederstrom) .. 46
Annex, The (Dr. Walter's Sanitarium) 106
Alexis, Grand Duke (Russian Navy) 141
Alexieff, Admiral Ivogent I. (Russian Viceroy) 142
Agricultural Building (St. Louis Exposition) 175
Arnold, The Late Sir Edwin R. 188
Anthony, Miss Susan B. 345

B

Babcock, The Late Rev. Maltbie Davenport, D.D. 9
Becker, Maurice Lund 57
Becker in his Father's Work Attic 58
Beethoven 61
Bird's-Eye View of Dr. Walter's Sanitarium 107
Benn, Mr. J. Wm. 146
Becker, Sylvia Lund 150
Bryan, E. P. 177
Bridgman, Laura 196
Bust of Benjamin Franklin ... 205
Brain, Map of Human 267
Baby, Smallest in the World. 324
Baby, Giant 325
Brain, James T. 357

C

Corbett, Young 47
Czar of Russia, Nicholas II. .. 113
Caldwell, B. D. 177
Cleveland, Hon. Grover 207
Crosby, The Hon. John S. 309
Cannon, Hon. Joseph G. 329
Childhood, Psychology of—
Paine, Fred J. 25
Becker, Maurce Lund 57
Field, Stillwell S. 86
Houghton, Robert J. 121
Becker, Sylvia Lund 150
A. F. R. 193
Parsons, Charles Wadsworth 226
Leiter, William 256
Henry, Bernard 291
Richardson, John Archer 323
Baby, Smallest in the World 324
Baby, Giant 325
MacCabe, John 359

D

Dyke, Van, Rev. Henry, D.D. 13
Durrant, Master R. S. 361
Diagnosis of the Eye 363

E

Emperor of Japan, The 137
Empress of Japan, The 138
Educational Building, The ... 176
East Orange High School, Graduating Class 247
Eddington, Mr. A. S. 283

F

Fallows, The Rt. Rev. Samuel 71-234
Field, Master Stillwell S. 86
Francis, David Rowland 171
Franklin, Bust of Benjamin .. 205
Fisher, Admiral Sir John 355

G

Graduating Class, East Orange High School 247
Graduating Class, Rutgers College 266
Gilbert, Mrs. G. H. 327
Gallaudet, Rev. Thomas, D.D. 344

H

Houghton, Robert J. 121
Hays, C. N. 177
Harcourt, M. P., Mr. L. V. 187
Howe, Bust of Dr. Sam G. 197
Ham, Wallace H. 200
Hay, Hon. John 240
Henry, Bernard 291
Holmes, The Late Rev. Lucius 299
Haddock, Prof. and Mrs. Allen 311-313
Huntingdon, The Late Bishop 326
Howe, Julia Ward 341

I

Ito, Marquis (Famous in War and Finance), Japanese 139
Ito, Viscount (Chief of Japanese Naval Staff) 140
Irving, Sir Henry 243

J

Japan, Empress of 138
Japan, Emperor of 137
Jewell, Anna 217
Jaurès, M. Jean 245

L

Lincoln, Abraham 40
Longfellow, Henry W. 153
Low, The Hon. Seth 208
Leiter, William 256
Lauterbach, The Hon. Edward, LL.D. 293

M

Miller, Joachin 1-2-3
Marx (murderer) 14
Murderers, Three (H. Van Duyne, Peter Niedemeier, and Emil Roeski) 49
Mendelssohn 62
Maurice Lund Becker 57
Maurice in his Father's Work Attic 58
Miller, H. I. 177
Murray, O. G. 177
Map of Human Brain 267
MacDonald, Wilson 346-347
MacCabe, John 359

Mc

McGuire, C. F., M.D. 27
McManaman, Mr. John J. 276

N

Nordica, Mme. Lillian 328

O

Oldfield, Robert Hammersley 285

P

Paine, Fred J., No. 620 25
Patti, Adelina (Cederstrom) 46
President Roosevelt 206
Potter, The Rt. Rev. 208
Parker, Chief Judge, Alton Brooks 211
Parsons, Chas. Wadsworth ... 226

R

Richards, Rev. Wm. R., D.D. 11-12
Richardson, N. H. 100
Reinhold, A. F. 193
Roosevelt, President 375
Rutgers College Graduates ... 266
Richardson, Master John Arthur 323

S

Sphinx, The 10
Spencer, Herbert 37
Saxton, The Late Chas. T. 77
Salomonson, Joseph .126-127-128
Sotokichi Uriu, Japanese Rear-Admiral 141
Scott, Sir Walter 153
Stevens, Walter B. 173
Stanley, Sir Henry M. 240
St. Charles' Home for Boys, Bird's-Eye View of 278
Smallest Baby in the World .. 324
Sousa, Mr. John Philip 330
Sage, Russell 342
Stanton, Mrs. Elizabeth Cady 343
Skull (Trephining) 372

T

Tucker, The Late Mrs. Emma Booth 79
The Three Murderers (Van Dine, Niedemeyer, and Roeski) 49
Togo, Vice-Admiral of Japanese Fleet 140
Train, The Late Geo. Francis. 159
Train, Death Mask of the Late Geo. Francis 162
Train, Brain of the Late Geo. Francis 163
Twain, Mark 210
Tuthill. Hon. Richard S. 274

U

Uriu, Sotokichi, Japanese Rear-Admiral 141

V

Van Dyke, Dr 13
View, D. S. 32
Vladimir, Grand Duke (Russian Army) 142
Varied Industries Building .. 174
Vescelius, Miss Eva Augustus 185
Verestchagin, Vassili 242
Vandervelde, M. Emile 245

W

Wolfe, Geo. M. 67
Walter, Dr. Robert 104
Walter's Park 105
Wells, Rollo B. 177
White, Mr. G. R. Blanco 284

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CONTENTS FOR DECEMBER, 1904

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PAGE

I. **President Theodore Roosevelt.** A Critical Analysis, by J. A. Fowler. Illustrated - - - - - - - - - - - - - - - - - - 375

II. **Practical Psychology.** Character - - - - - - - - - - - - - 385

III. **Phrenological Sketch of the Character of Victor Roland O'Shea.** Written for the *Chicago Daily Journal*, by Prof. J. M. Fitzgerald. Illustrated 386

IV. **Exercises for December.** By Capt. Jack McDonald - - - - - - 387

V. **The Science of Health.** How to Eat. Chauncey M. Depew on Drink. The Old Negro's Prayer. The Flesh of Animals as a Cause of Disease. A Medical Judgment of the Japanese. Pure Water, etc., etc. - - - - - - 388

VI. **In the Public Eye.** The Fastest Talker in the World. Illustrated - - 391

VII. **Psychology of Childhood.** The Future Blessings of the Coming Generation, No. 631, by Uncle Joe. Illustrated. President Roosevelt and His Family, No. 632, by Uncle Joe. Illustrated. Just Common Good. The Art of Getting Acquainted at Home. A Fine Hiding Place - - - - - 392

VIII. **Prize Offer.** Stopping Runaway Horse. Dog Saves a Child - - - - 396

IX. **Editorials.** Farewell (Poem), by Sarah E. Baker. Hearty Good Wishes for Health, Wealth, and Happiness. The Story Old (Poem), by Margaret Isabel Cox - 399

X. **Reviews.** "How Should we Breathe," etc. - - - - - - - - - 401

XI. **To New Subscribers** - - - - - - - - - - - - - - - 402

XII. **Our Correspondents** - - - - - - - - - - - - - - - 403

XIII. **Field Notes** - - - - - - - - - - - - - - - - - - 403

XIV. **The Fowler Institute** - - - - - - - - - - - - - - - 403

XV. **The American Institute of Phrenology and International Conference** - - - - - - - - - - - - - - - - - - 403

XVI. **Sense and Nonsense** - - - - - - - - - - - - - - - 408

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Psychology and Pathology of Handwriting



By MAGDALENE KINTZEL-THUMM

Translated from the German by MAGDALENE KINTZEL-THUMM

CONTENTS

PREFACE.

PSYCHOLOGICAL INTRODUCTION.

TECHNICAL INTRODUCTION.

FIRST PART:

- A. Voluntary thinking.
- B. Conscious willing:
  - I. Undertaking kind.
  - II. Resisting kind.

SECOND PART:

- A. Mental gifts.
- B. Æsthetical gifts:
  - I. For music.
  - II. For painting and plastic arts.
  - III. For poetry.
  - IV. For dramatic arts.
- C. Gifts of humor and wit:
  - I. Humor.
  - II. Wit.
- D. Ethical gifts:
  - I a. Kindness.
    b. Wickedness.
  - II. a. Cheerfulness.
    b. Gloominess.
  - III. a. Truthfulness.
    b. Untruthfulness.
  - IV. Distrustfulness.
  - V. a. Courage.
    b. Lack of courage.
  - VI. a. Self-confidence and self-esteem.
    b. Lack of self-esteem and self-confidence.
  - VII. a. Vanity and conceit.
    b. Freedom from vanity and conceit.
  - VIII. Selfishness.
  - IX. a. Activity.
    b. Lack of activity.
  - X. Domineering qualities and sense of ambition.
  - XI. a. Dignity and aristocracy.
    b. Lack of dignity and aristocracy.
  - XII. Emotionality and lack of emotionality.
  - XIII. a. Liveliness.
    b. Slowness.
  - XIV. Self-control and lack of self-control.
  - XV. Physical moderation and immoderation.
  - XVI. Neatness and lack of neatness.
  - XVII. a. Generosity.
    b. Stinginess.
  - XVIII. Talkativeness.
  - XIX. Inquisitiveness.

THIRD PART:

- A. Mental diseases:
  - I. Abnormal signs in the involuntary part of handwriting.
  - II. Abnormal signs in the voluntary part of handwriting.
- B. Bodily diseases.

APPENDICE.

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President Theodore Roosevelt.

A PHRENOLOGICAL ANALYSIS.

By J. A. FOWLER.

A President must be born (not simply elected) in order to be successful in every sense of the term, and while it is the rightful aspiration of every American child to think that he may some day reach the position of the Chief



Courtesy of Press Pub. Co., James Burton, and Clinedinst.

(1) Roosevelt at eight years of age. (2) Roosevelt as a Woodchopper. (3) Roosevelt on his Famous Charger. (4) Roosevelt, at eighteen years of age, as a Freshman in Harvard University.

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Executive of the United States, yet, as is stated in the good old Book, "Many are called, but few are chosen," and it is no easy thing to gain the right experience to fill such an important office.

As has been remarked of Roosevelt, "he will make an ideal President." Certainly no one ever came to the office after receiving such a preparatory course as he has had.

A contemporary has said: "If a group of statesmen should deliberately map out an ideal training for the presidency, they would naturally say, 'Let him be well born of the best national stock, and let him study in the nation's best university the science of politics in distinct anticipation of a political career, even as a minister, lawyer, or doctor prepares for his specific work. Let him make a success as a law-maker in one of the highest legislative bodies, and then be the executive of the largest city, and later of the largest State. Let him take a turn in the Navy and in the Army, and also master the reforms needed in the larger army of the civil service. Let him then be Vice-President, and from that be advanced to the presidency, while yet in the full vigor of early manhood.'"

What are the facts of the case in connection with Roosevelt's life and the "winning" of the presidency?

*He was born in New York, of the best Dutch blood. He went to the nation's intellectual capitol, Boston, and to its first and foremost university, Harvard, to develop his mind; then to the expansive West to broaden his chest.

The West having made him an athlete, he endeared himself to the nation's homes by a beautiful family life, and to the churches by a hearty entrance into church membership, and to the educated classes by prolific authorship, unequaled at his age by any President save Jefferson.

He violated from the first the chief tradition of politics, that a man who speaks out fearlessly can never be President or anything else of any account.

His post-graduate course in ranching was hardly over when he was sent to the Legislature of New York. There he at once became leader without "log-rolling." Having learned how laws are made, he was promoted to the chief of the Civil Service Commission. In due time he became the real chief executive of our largest city as head of its Police Board. Ere long he rose to the second place in the Navy Department, really first, in that he sent Dewey to Manila, the one great strategic act of our little Spanish war. Then, without military training, he swiftly became the most popular figure in our Army; then Governor of our greatest State; then Vice-President in spite of himself. Now the world knows the results of the recent campaign and the election for another term.

A very true thing was said about him the other day, namely, "Roosevelt is the uniquest man ever known in the history of the world, and he furnishes the most stalwart character in history." Another bon mot expressed concerning him was to this effect: "This is an age of principle, and Roosevelt is the man to uphold it."

WHY ROOSEVELT IS AN UNIQUE MAN

He is the exemplification of grit, wiriness, dynamic force, electric magnetism, and executive power.

He possesses an excellent organization for the arduous task of filling the position of the Chief Executive for the United States. He has an iron constitution, which is shown in his massive chest, ample lung power, motivemental temperament (which is beginning to take on more of the conditions of the vital), and his large and active brain (over twenty-three inches in circumference).

*Credit is due to the "Review of Reviews," "Voice," etc., for some of the above facts.

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HIS ANCESTRY

His excellent stock gives a background to his character which is phenomenal. Few men can claim, as he does, of having Dutch, Scotch, Irish and French-Huguenot blood in his veins. More he could not desire, and certainly he has a remarkable combination of characteristics.

His versatility of mind he has received from his Irish ancestry; his motive temperament, large perceptive faculties, indomitable will, persevering spirit, strong sense of duty and far-sightedness from his Scotch inheritance; his toughness, wiriness, fervor and enthusiasm can be traced to his French-Huguenot stock; while from his Dutch ancestry has sprung his love of simplicity, his desire to strike from the shoulder, and his integrity of character.

Very few men combine so much strength, robustness, and energy of body and mind with such keen sympathies and gentleness as he does. In President Roosevelt we have a strong fusion of energy, force, and a never-give-in and a never-give-up spirit; but with all this strength of character, we realize that he also has the elements of mind that can say "Thank you" with delicacy and tenderness. This he did



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PRESIDENT AND MRS. ROOSEVELT.

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to a little girl in a public school when she presented him with a bunch of violets at the close of one of his addresses in New York City.



PRESIDENT ROOSEVELT'S TOP HEAD.

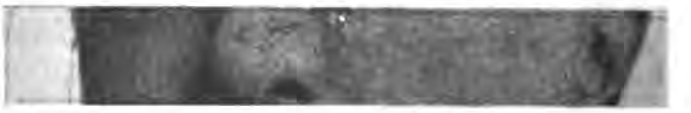
Physiognomically speaking, he is without the slightest sign of degeneracy, his head being well-proportioned and well set upon his broad shoulders. There is no excess of any part of his face; in fact, his facial expression is one of honesty, straightforwardness, and intense interest in affairs that have a utilitarian bearing.



PRESIDENT ROOSEVELT'S FOREHEAD.



PRESIDENT ROOSEVELT'S EYES.



PRESIDENT ROOSEVELT'S NOSE.

Roosevelt's features are strongly defined. His nose is well formed—of a Roman, executive type, indicating unusual spontaneity of character, which will not allow him to delay, linger, or wait when he sees that action is his duty. The tip of the nose shows power of analysis and ability to differentiate between things, while breadth indicates cogitative or planning power.

There is a strength and executiveness in his chin, which is rather square, with a slight tendency to roundness. The latter combination shows his love for humanity and power to appreciate the needs of his fellowmen, while its breadth shows a cosmopolitan spirit. He has not the pointed chin which marks a hobbyist and accompanies a selfish mind, neither has he a full, round, curved one, which belongs to an individual who is easily moved or swayed. In such a chin as his we generally find propelling power and an influence that sways on a committee or board of works.

Firmness, frankness and candor are seen in his mouth, and anyone who has talked with him for a few minutes can-

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not fail to be fascinated by these characteristics.

His eyes, which are full of expression and mean business, are often partially covered with the eyelids. This habit of compressing his eyes when looking closely into a matter in order to watch the details, has been wrongly interpreted by many people who think that it means suspiciousness and a want of candor. This is not the case, for it will be found that he opens his eyes as wide as any one when he is at ease or in private conversation. When on the battle-field, straining one's vision to see a great distance, or when looking toward a camera, one often unconsciously knits the center of the brow, which draws the eyelids down over the pupils and half covers the iris from view. This shows an effort of mental concentration, and the President has evidently had many things to think of which have required close personal attention, and keen, accurate mental vision. Persons who look from a wide, round orb do not draw down the outer angle of the eyebrow over the eye; they take into their vision generalities only, do not particularize, and cannot, as a rule, tell you minutely what they have seen.



PRESIDENT ROOSEVELT'S MOUTH.



PRESIDENT ROOSEVELT'S CHIN.



PRESIDENT ROOSEVELT'S NECK.



Photo by Pach.

PRESIDENT ROOSEVELT'S CAPACIOUS CHEST.

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Roosevelt has searching eyes; they are full of penetration and depth. No one can throw dust in them. When one has a chance to see his face lighted up with a smile, another phase of the eyes is visible; then the whole face kindles with enthusiasm and kindly interest.

The ear is well proportioned; the upper region indicating a strong mental endowment, the central region showing the strength of the vital organs and recuperative power, while the lower region betokens health, vitality and longevity. The curve of the antihelix shows strength of character and well-controlled temper.

HIS INTELLECT

Roosevelt's forehead is one that gathers its strength from the faculties which reason as well as those that observe; hence we find him possessed of a well-balanced intellect and able to give advice in a wide area of interests. He is not narrowed down to sectional views of things, and if in his work with men he had opposite types of character to deal with he would be able to balance the opinion and the knowledge of all and obtain a concrete view of the whole situation. He is a strong mental rudder, which is able to steer the bow of a craft over a rough sea.

HIS BASILAR BRAIN

The base of his brain is remarkable for its fullness and breadth, giving activity to the moral and intellectual powers of his mind, and it is this region of his head that has given him courage, energy and executive ability when he has filled such offices as Police Commissioner of New York City, Assistant Secretary of the Navy, National Civil Service Commissioner, Colonel of Volunteers, Governor of New York State and Vice-President of the United States.

That he is capable of fearless action has been shown on more than one occasion, especially when he mounted San Juan Hill, or when he arbitrated between capital and labor in connection with the memorable coal strike, or later in his diplomatic handling and tactful resourcefulness of mind in wisely settling the Panama dispute and of cutting the Gordian knot that made the early building of the isthmian canal seem impossible. He showed so much level-headedness and promptness that fair-minded people and "far-sighted critics acknowledge that he acted in strict accordance with precepts of international law in our treaty obligations to Colombia, and has thus won the hearty approval of the nations of the world."

AMBITION

He is, however, most unlikely to do foolish things as the result of ambitious exaltation. He is absolutely free from false pride and vanity, and persons often mistake his virility for the above characteristics and credit him with possessing too much bluster and braggadocio. Persons who know what Mr. Roosevelt has done for the good of the country realize that he has accomplished more than any of his predecessors for the principle of international arbitration and preservation of the world's peace; instead of arbitrating the Venezuela dispute and of taking the whole honor to himself, he forwarded it to the Hague Tribunal, to be settled. A vain man would have taken the whole glory to himself in such a case. Again he caused the long-standing dispute with Great Britain over the Alaskan boundary to be submitted to an international commission. His policy toward China was so skilfully handled that it has been recognized by the whole world and applauded as just, humane, and peace-loving.

HIS SOCIAL QUALITIES

The occipital region of his head indicates a full development of the domestic qualities. His domestic life

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has always been an interesting one. He has had a special endowment of all the social interest. He is particularly attached to his wife, children, home and friends. He never forgets a friendship, however humble, even if made years ago. He has also a special love for animals, notably the horse and dog, and he has a masterly influence over them. It is the strength of his occipital lobe which links him to the great American Republic by fraternal ties which cannot be easily broken, ties that believe in and manifest an interest in the consummation of those things that make for the welfare of the citizens of his country, whether they be Republicans or Democrats.

He is a broad-minded, liberal-thinking man, and will prove to the world that his social affinities will constitute him as a friend of peace. In his gallantry to his friends he is not effeminate, and as he can adapt himself through his large philoprogenitiveness and friendship to various classes of people, young and old, he shows that with children he can be once more a child, and with the aged manifest respect for their experience and years.



Photo by Rockwood.

PRESIDENT ROOSEVELT AS A POLICE COMMISSIONER.

Perceptive Faculties large; Comparison large; Human Nature large; Causality full; Benevolence active; Veneration moderate; Firmness very active; Independence large; Concentration moderate; Friendship active; Parental Love large; Combativeness large; Executiveness very large; Cautiousness average; Conscientiousness large; Hope full; Spirituality moderate; Imitation average; Order large.

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THE SUPERIOR REGION OF HIS HEAD

The height of his head indicates that he is a very determined, persevering, persistent man; impatient with all unnecessary delays, yet patient in overcoming difficulties, impediments and obstacles which weaker men would not show. The latter would yield, yet they might be credited with having more patience because their strenuousness of mind would be less apparent. The superior forces of Roosevelt's mind which preside over the moral and religious elements of his character show that Dutch and Scotch influences have been at work in cementing his integrity, in cultivating his sense of duty, in drawing out his moral principle and accentuating his religious fervor. He truly endorses the opinion expressed quite recently that "morality heightens personal vigor and increases vitality." He is not a man to care much for forms and ceremonies outside of a definite object which these represent, for Veneration is not a controlling faculty. He does not reverence things that have no moral bearing to them. He does not readily acquiesce or submit to style, fashion or etiquette in religious worship, and Veneration does not permit him to be an idolater of cast or creed, though he may follow the creed he has been brought up to believe in. His spirituality is only moderately developed. His faith does not allow him a credulity toward every new phase of religious belief that has come to light in the latter part of the nineteenth century. He has a keen sense of justice, however, and a fearlessness in expressing his views which comes largely through his active Conscientiousness, and is not a man to be dominated so much by his love of public notoriety as he is for his independence of mind.

Though healthily ambitions and anxious to push all issues in which he is interested to a successful result, he is not proud and is fearless as a speaker when he has a cause to champion.

For a man who possesses so much force, he has, we thing, shown remarkable poise of character and self-control, and acts as though he were buckling down to self-restraint and steady, reliable work.

One thing is characteristic of him: that with all his courage, energy, and force of character, he is able to show tact, diplomacy, and reserve of mind, as was seen in his sixty-six speeches on his Western tour. He proved himself capable of doing what even Senator Platt doubted his ability to accomplish when he said to him: "I hear you are going on a speech-making tour of sixty-six days." "Yes," the President replied. "Well," said Platt, "you will break your neck exactly sixty-six times." But he didn't; he said nothing that any man could take exception to, or a word that could be quoted against him. He showed not only skill as a politician, but honesty as a man.

He believes in no rhetorical flights of speech. He uses few words to express his ideas, and these words are always to the point, and he chooses the words that will convey his meaning in a direct manner. This shows his strong perceptive sense of the appropriateness of cancelling all that is useless and unnecessary, and it also shows his great experience, his capacity to deal with facts, and his power to systematize his knowledge, which he keeps in a liquid solution ready for use and boiled down to an essence.

His mental grip upon what is going on around him and what is making history, is marvelous. There is no hesitancy or temerity in his manner; hence he is able to get through more executive work in a day than ninety-nine men out of a hundred.

There is a heartiness, frankness, earnestness, and sincerity in his nature, but he is not emotional, sentimental, or superficial. His energy is effective, and he is manly in meeting various opinions and acting on them individually as well as collectively. He is a man for an emergency, and the Republic can be congratulated that it has

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as a chief executive officer a man who can deal with emergencies and work them out satisfactorily.

Temperamentally he is a man of action; his perceptive faculties add to his ardor, enthusiasm, and courage, and, while his reflective qualities are not deficient, yet he reasons along utilitarian rather than philosophic lines. His perceptions feed his intellect, while his matured judgment is more prompt to act and decide than was the case with McKinley, whose observing faculties were not so keenly developed.

His unites the qualities of Washington, Lincoln, Cleveland and Grant, and shows a composite character which no other statesman has possessed.

As a writer he is drastic and interesting; not so profound as Milton, not so philosophic as Spencer, but he combines the philosophy of a Spencer with the scientific observations of a Darwin.

Memory of facts is prodigiously developed, and his ability to narrate what he has seen, even after the sweep of years has passed over him, is remarkable.



(1) The White House, Washington; (2) House where President Roosevelt was born, New York City; (3) Private Residence, Oyster Bay.

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Versatility of mind is another characteristic which enables him to adequately fill the position of President of the United States. This faculty Roosevelt has in a large degree, and it enables him to accomplish more than as if he were biased by prejudice, limited in his mental vision or bigoted in his religious conceptions of truth. But a man who has been trained in one particular school of thought cannot adapt himself readily to the demands of a great republic.

He is a tireless worker and knows how to preserve the rights and privileges, as well as recognize the necessities, of his physical being. He knows how to focus the events of the day, and can review in a succinct way the great programme of the world, and is able to play a game of mental chess with as much skill as Blackburn or other clever experts who deal with pawns, knights, kings and queens.

His ability to study languages, his memory of true intonations, and his imitative power to adapt himself not only to the speaking and understanding of many languages, but his ability to assimilate for the time being the ways of people, has been of very great assistance to him.

Some of his favorite maxims are the following:

"A man to be a good American must be straight, and he must also be strong."

"I put myself into the way of things happening, and they happened."

"It is the shots that hit that count."

"Hitch your wagon to a star, but always remember your limitations. . . . Strive upward, but realize that your feet must touch the ground."

"We shall make mistakes, and if we let these mistakes frighten us from work we shall show ourselves weaklings."

"Try to make things a little better in this world, even if only a little better, because you have lived in it."

"Success comes only to those who lead a life of endeavor."

"I have always found it a good rule, when in doubt what to do, to go ahead."

"Words are of no account if not accompanied by deeds."

"Promise must share with performance."

"Have all the fun you honestly and decently can; it is your right."

"Better to be faithful than famous."

THE JAPANESE AS FIGHTERS AND REFORMERS.

Major Louis L. Seaman, of New York, has recently given a lecture before the Association of Military and Naval Surgeons of the United States, at St. Louis, in which he describes his visit of several months' duration to the Japanese Army in Manchuria. He had previously made extended observation of the United States methods at Porto Rico, the Philippines, and in China in the management of the army at these places. According to his report, the Japanese are far ahead of the United States, or any other nation, in the management of their armies and navies. He is thoroughly convinced that the great loss of life among our soldiers is due to improper feeding of soldiers rather than to bullets.

On the first of July last, of 1,100 wounded in the Japanese Army not one case proved fatal. Typhoid fever, acute and chronic diarrhœa, rheumatism, and similar diseases are seldom met with in the Japanese Army. The Japanese physicians and surgeons treat their soldiers on scientific principles. They supervise their food and drink wherever they go. The food provided is largely from the vegetable world. Little or no flesh of animals is given them with their food. They dispense with alcoholic beverages in their diet entirely.

—Sent by Dr. E. P. Miller.

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Practical Psychology.*

Character—What it implies; Habits and Conduct; (A) A Psychological Point of View; (B) A Phrenological Point of View.

One Psychologist says that character in its earliest form is but little more than the sum of the hereditary instincts of the child in connecting the mental and moral peculiarities of his mind. As intellect and will develop the meaning attached to character, it becomes more specialized, and it is made to refer to those acquisitions like Independence and Firmness, which are the products of voluntary exercise; hence we find character in general sometimes defined as the uniform affirmation of the entire will." We readily see that Psychologists travel over the same ground, and attribute the same motives, with the same basis, and trace the same habits of conduct as those described or attributed to character by Phrenologists.

Psychologists further state that, "uniformity involves habit, and as a consequence, a precise distinction limits its scope to the self-formed habits of the will." Here they recognize that the will has much to do with the uniformity of habit, and habit, again, is an essential element to character, a point indorsed by Phrenologists. Psychologists say that in the older pupils character embraces not only the natural instincts *which form the basis of temperament,* but also what those well-informed habits of the will do in the way of new dispositions. These habits of new dispositions are moral attainments, and as such, are among some of the best efforts of self-effort and self-control. They tend to supply reliability as well as morality to the disposition and character.

What do Psychologists mean by *the basis of temperament,* unless they refer to the constitutional elements of the disposition, and those natural instincts which Phrenology sums up as the total of the mind's action? Certainly the following is a good description of character, namely, "a good or virtuous disposition of the feelings and will," as one Psychologist has explained it; or as another one says, "it represents a total of the *moral faculties* as distinct from the *intellect,* and he goes on to say that, "Will is the all-important factor, and its degree of energy, firmness, and consistency, molds and fashions the character; hence we find it defined as a completely fashioned will." This is what is meant by "a perfect moral character," and one in which moral principles are so strong that they shape the entire volition; one which uses the habits of everyday life as channels for good conduct; one whose practical principles are moral throughout and which governs self according to the dictates of conscience.

It will be seen by this reference to the exercise of the moral as distinct from the intellectual faculties, which Phrenologists as well as Psychologists recognize as being so important in the development of character, that character is placed upon a very high basis.

What do Psychologists say about those persons who are influenced by a low rather than a high standard? Have they or have they not a character? One Psychologist tells us that "Where bad principles rule the mind, and where any other determining power under the influence of passion, or rooted desire takes the place of the highest moral maxim, *there the character is said to be immoral.* In those cases where a person is inconsistent and does not act according to principles, whether good or bad, such person is said to be *characterless.*" Thus a very strong distinction is thrown around those persons who are defined

* Digest of a chapter on a new work on Practical Psychology.

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by Psychologists as possessing a character and those who do not.

Phrenologists, however, define character as the sum total of a person's mentality, whether good, bad, or indifferent. They do not recognize that there are any "bad faculties, but that nature has given to a child all the elements necessary for his use, and it is only the abnormal development of some qualities and the insufficient development of others that causes an irregularity of mental development.

Phrenology recognizes there is some good in every one's character, and therefore that that good, however small, can be stimulated by Habit and Will power if rightly environed so that the evil tendencies may be checked and the good ones encouraged.

Phrenological Sketch of Character of Victor Roland O'Shea.

WRITTEN FOR THE "CHICAGO DAILY JOURNAL" BY PROF. J. M. FITZGERALD.

At the request of the Chicago Daily Journal I went to Judge Chetlain's court to analyze the character and personality of Victor Roland O'Shea, who is on trial for the murder of his wife.



VICTOR ROLAND O'SHEA.

Victor O'Shea is of small stature, neatly dressed, and a carefully groomed young man. To the average observer he would appear as an important witness rather than the central figure of such an appalling tragedy.

His head is rather large for his bodily proportions. This is especially true of the base of the brain. The head is so broad between and around and just over the ears that it must appeal to any one present who looks intently at the man. Hence, the faculties of destructiveness, combativeness, and secretiveness are of unusual force in his mental makeup.

If a line were drawn from the opening of one ear directly over the vertex of the head to the opening of the other ear, by far the larger volume of his brain would lie back of that line in the region of the amative propensity and social faculties, including the egotistical faculties located in the crown of the head. The frontal brain, while of good proportion in the perceptive faculties, immediately over the eyes, is, however, rather retreating in the upper forehead and pinched in the upper temples at the seat of ideality.

He would manifest quickness of perception of physical things, likewise of details of business affairs, but in the purely logical and reflective processes of mental operations they would be below the average of his other mental faculties. Certainly that would be true

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when irritated or excited. The volitional impulses, stimulated by an unsatisfied state or condition of his social faculties, would cause him to become demonic in his demands and actions.

In those powerful social faculties jealousy would find lodgment, and would be kindled by his rather excessive egotism, finally to burst out into a consuming flame of passionate, cruel destructiveness.

He is defective in the faculties of reason, refinement of feeling, benevolence and conscientiousness, while the selfish propensities and selfish sentiments are the major chord in his nature. He is not capable of a deep sense of remorse; self-pity for the terrible predicament he is now in, as a result of his passional fury will cause him to weep, but no tears will flow over the irreparable, monstrous wrong he has done in taking the life of the young woman he swore to defend.

His face is of the sharp and long type, the mouth and lower jaw are strong in a passional sense, with much determination written in their lines and contour. The face, taken together with his large, imaginative eyes, shows an overactivity of the emotional faculties when compared with the reasoning and moral qualities of his nature. In his strong social faculties he has undoubtedly held the esteem of many friends, who will not be able, nor perhaps willing, to understand the underlying strata of his true nature, which he will try to defend by every ingenuity.

Exercises for December.

By Captain Jack MacDonald.

THE MENTAL-VITAL TEMPERAMENT.

The exercises given in this number are for ladies who possess a combination of temperaments, called the Motive-Mental. Persons of this description possess a large and active brain, and full, round features, and rotund body. They prefer indoor, sedentary work to outdoor, or active employment.

A young lady who weighs a hundred and thirty-five pounds, height five feet four and a half, age twenty-eight, circumference of head twenty-two and a quarter, height of head fourteen and three-quarters, length of head fourteen and a quarter inches, should take the following exercises:

Persons who have the above-named temperament generally prefer to sit in the house, instead of bracing themselves up to join a gymnasium or take walking exercises; therefore they need some active, physical incentive to bring all the muscles of their body into play, and increase the circulation. In order to do this, (1) Raise the arms up slowly over the head by stretching them full length at the side, count sixteen while doing this, begin to bend the knees at eight, kneel at sixteen; lower the arms counting sixteen, and at eight begin to rise. This is by no means an easy exercise, but it should not be given up because it is difficult, and must be persevered with. (2) Bend the body at the hips with arms over the head, counting sixteen. This brings into play the muscles of the back and sides. It gives flexibility to the trunk, chest, and upper limbs. Return to position counting sixteen.

A prize of a free phreno-examination from photo is offered for the one who sends in the best record of the time spent on these exercises on or before January 1, 1905, to the Editor of Physical Exercises, Captain Jack McDonald, Phrenological Journal, 24 E. 22d Street, New York City.

A similar prize is offered for the best record sent in by any gentleman who has worked out the exercises given the first six months of this year.

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SCIENCE OF HEALTH

Notes and Comments.

By E. P. Miller, M.D.

HOW TO EAT.

Mr. Horace Fletcher, in his admirable work, "The New Glutton," has called attention to a method of gratifying the sense of taste which is wholly legitimate, while at the same time affording the highest possible degree of pleasure. This consists in the thorough mastication of the food, which means the insalivation of every morsel of food taken into the mouth, whether solid or liquid. Solids must be retained in the mouth until they are reduced to a liquid state. Every particle must be dissolved before the food is allowed to enter the stomach. In the meanwhile the nerves and muscles of the throat will be so educated that they will refuse to swallow food which has not been properly prepared. Liquids of all kinds, with the exception of water, must be retained in the mouth until so mixed with saliva that the flavor is very materially diminished by dilution. This method stimulates the sense of taste to the highest degree, since the food is treated in such a manner as to extract from it every particle of its sapid substance, and the "Fletcherizer" thus secures the greatest possible amount of gratification from a given quantity of food; whereas the man who eats hastily, swallows without appreciating the greater portion of what he eats, the food not being retained in the mouth long enough for the taste-buds to be brought in contact with the sapid substance which it contains. Thus a greater amount of enjoyment may be derived from the thorough mastication of a given quantity of food than from twice the quantity eaten hastily. This is the legitimate use of the sense of taste.—Modern Medicine.

CHAUNCEY DEPEW ON DRINK.

In his great birthday address at the Montauk Club's banquet, April 3, Chauncey Depew, among other things, said:

"When I graduated and began the study of the law, bigotry prevailed all over the country on all controversial questions. Religious sects were more engrossed in fighting each other than the common enemy. There was an almost frantic fear lest science and research should impair the Bible, and scientists were denounced as infidels. Not to drink was singular, and not to accept a treat or to treat in return a breach of good manners. Naturally drunkenness, either in public or in private, was a forgivable weakness. Now the Bible student hails science and criticism as buttresses of the sacred book, and there is happy and hopeful unity among the churches. Creeds have lost their power, but faith is firmer in higher thinking and broader speech. The progress of temperance has brought incalculable blessings to the home, society, and citizenship."

THE OLD NEGRO'S PRAYER.

A teacher in one of the schools of the colored people in the South was about to go away, for a season, on account of failing health. A reception was tendered her by the parents of some

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of her pupils, together with the members of the church. Just before parting an old negro poured out his soul in prayer for the beloved teacher. We give the words, but they convey no idea of the pathos and earnestness of the petition.

He said: "Blessed God, go afore her as a leadin' light, and behind her as a protectin' angel. Rough-shod her feet wid de preparation ob de gospel ob peace. Nail her ear to de gospel pole. Gib her de eye ob de eagle, dat she spy out sin far off. Wax her hand to de gospel plow. Tie her tongue to de line ob truf. Keep her feet in de narrer way, an' her soul in de channel ob faith. Please, dear Lord, bring her back to our dear childs, an' to dis her school. Be wid her as she bows her knees in some lonesome valley where prayer an' supplication is much wanted to be made. Hedge an' ditch about her, good Lord, an' keep her in de straight and narrer way dat leads to glory an' to heaven."

THE FLESH OF ANIMALS AS A CAUSE OF DISEASE.

In Isaiah, Chapter xxiii, Verses 13 and 14, we find the following:

13. Behold joy and gladness, slaying oxen and killing sheep, eating flesh, and drinking wine: let us eat and drink, for to-morrow we die.

14. And it was revealed in mine ears by the Lord of hosts. Surely this iniquity shall not be purged from you till ye die, saith the Lord God of hosts.

The sentiments expressed in the 13th verse are those entertained by the people of wealth who dine frequently in gilded eating-saloons and in gorgeous hotel banquet halls. Such people live in ignorance of the fact that their eating big dinners of animal flesh and drinking wines and champagne is in any way a cause of such diseases as gout, rheumatism, sciatica, neuralgia, apoplexy, heart failure, etc. Yet scientific investigators like Dr. Alexander Haig of London and Dr. Charles Bouchard of Fraee are very positive in their convictions that this eating of flesh and drinking of wine are the actual causes of the uric acid and the ptomaines that develop the diseases above enumerated. Dr. Haig says:

"Gout, rheumatism, and arthritis are substantially one malady, due to uric acid, which causes irritation of fibrous tissue in and about the joints and elsewhere. Strictly speaking they are not a disease at all, but a reaction of the physiology of the body, to food poisons, and, if the poisons are left out, the reactions after a time fail to appear." "Gout is a form of diet disease due to food poisoning. It can be cured by leaving off the poisonous foods, and prevented by omitting such foods from the diet of the young."

The prophet Isaiah had revealed to him thousands of years ago, that the habitual feasting upon beef and mutton, eating flesh, and drinking wine was an iniquity that could not be purged from those who indulged in such eating until they die.

Dr. Haig says further:

"We now know that uric acid controls the circulation. This knowledge gives us power over the circulation of the blood and its quality, which is little if anything, short of absolute. The most common cause of high-blood pressure is uric acid in the blood, and this suffices to explain at once the relationship of asthma to gout and various other diseases, as we shall see.

"It is to-day clear that 'uric acid disease' is only uric toxemia, the poison is swallowed and its signs and symptoms result as a matter of course. Dr. Haig says: 'A large proportion of those who attain to great age are more or less strict vegetarians.' I believe, therefore, that the treatment of chronic arthritis by a pure meat diet is a most dangerous treatment, though in some cases, and where it acts as a stimulant, it does for a time relieve arthritis; but where it fails to act as a stimulant, or after the stimulation passes off, it will produce serious results, and even in the last few years I have seen it apparently produce severe depression, headache, sleeplessness, and anæmia, and in one case fits, ending in prolonged coma. After the above experience no one for whom I am responsible shall ever be put upon a pure meat diet." E. P. M.

A MEDICAL JUDGMENT OF THE JAPANESE.

The Japanese have taught Europeans and Americans a lesson and quenched in some degre the conceit of

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the Caucasian in his superior capacity to do all things. Even in the matter of diet, our long cherished theory that the energy and vitality of the white man are largely due to the amount of animal food consumed must undergo revision.

The Japanese are allowed to be among the very strongest people on the earth. They are strong mentally and physically, and yet practically they eat no meat at all. The diet which enables them to develop such hardy frames and such well-balanced and keen brains consists wholly of rice, steamed or boiled, while the better-to-do add to this Spartan fare fish, eggs, vegetables, and fruit. For beverages they use weak tea without sugar or milk, and pure water, alcoholic stimulants being but rarely indulged in. Water is imbibed in what we should consider prodigious quantities—to an Englishman, indeed, the drinking of so much water would be regarded as madness. The average Japanese individual swallows about a gallon daily in divided doses.

The Japanese recognize the beneficial effect of flushing the system through the medium of the kidneys, and they also cleanse the exterior of their bodies to an extent undreamed of in Europe or in America. Another—perhaps this is the usage on which the Japanese lay the greatest stress—is that deep, habitual, forcible inhalation of fresh air is an essential for the acquisition of strength, and this method is sedulously practiced until it becomes a part of their nature.

The Japanese have proved that a frugal manner of living is consistent with great bodily strength—indeed is perhaps more so than the meat diet of the white men. As to the water-drinking habit, which is so distinctive a custom to them, it is probably an aid to keeping the system free from blood impurities, and might be followed with advantage in European countries, to a far greater extent than is at present the case. Hydropathy and exercise seem to be the sheet anchors of the Japanese training regimen, and judging from results have been eminently satisfactory.—Medical Record.

Forwarded by H. Paine.

PURE WATER.

Two quarts of pure water taken daily, with several cubic yards of pure air, will greatly aid in preserving or restoring health. Water charged with lime, iron, earthy salts, and various minerals is not pure water and the use of such water hastens the advent of old age.

By distilling "hard" water, pure, healthful water is produced. Those who wish a cheap, effective still should write to the Dr. Adams Still Company, Hastings, Neb., and mention "Suggestion." This firm manufactures a still that is sold for $2, and it will make two quarts of pure water per hour. It is attached to any teakettle and will commence distilling liquid health without any delay. Don't you want it to distill some for you? Did you ever notice the lime deposits on the inside of a teakettle? How would you like to have all that dirt in your system?

No inorganic mineral substance is ever assimilated; such substances when taken into the body only clog and bring on disease. This sermon on health costs you nothing, but it is worth the price of this magazine for eighty years. —Suggestion.

MIND.

Mind your tongue. Don't let it speak hasty, cruel, unkind, or wicked words. Mind!

Mind your eyes. Don't permit them to look on wicked books, pictures, or objects. Mind!

Mind your ears. Don't suffer them to listen to wicked speeches, songs, or words. Mind!

Mind your hands. Don't let them steal or fight, or write any evil words. Mind!—Ex.

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In the Public Eye.

THE FASTEST TALKER IN THE WORLD.

The greatest talker in the world has been discovered in Baltimore—not a woman, but a man in the employ of the auditing department of the Baltimore and Ohio Railroad office. He is Ellorod Conway, who boasts of being able to talk 65,040 words an hour, or 18 words a second.

"I am at any time ready," says Mr. Conway, "to meet any person in the world in a talking or reading contest for any amount of money. I am positive that I have no peer in the world at rapid reading, and am willing to back my opinion well financially. The great thing in my favor is that all my work is done from sight—that is, sight-reading. It makes but little difference to me if I have ever seen what is placed before me or not. In fact, fast reading is my daily work.

"As to how long I can read (no matter whether checks with intricate names or not) I really cannot say; but I know one thing—I can do it as long as anyone cares to listen to me. I never tire, my jaws never bother me, and my throat gives me no trouble at all.

"How I happened to have the power to read so fast and accurately I really am unable to tell. But one thing I can say, and that is that it has not been acquired by practice or in any other way, but has simply come natural. There is no shorthand writer who can follow me if I 'turn loose.'"

He is almost indispensable at the Baltimore and Ohio office in his work. The proper reading of each check involves the pronunciation of from twenty to twenty-four words, and Mr. Conway can read 1,300 checks an hour. The reading of the checks also requires great care and accuracy. Recently



THE FASTEST TALKER IN THE WORLD.

the pay checks for one month read by him numbered 42,123, and this was done without a single error. He shows a sharp, keen intellect and an active organization.

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"The best mother is she who studies the peculiar character of each child and acts with well instructed judgment upon the knowledge so obtained."

The Psychology of Childhood.

THE FUTURE BLESSINGS OF THE COMING GENERATION.

By Uncle Joe.

No. 631. At the present day American educators are recognizing that the study of children is the most important subject that can be found. The emphasis that is put upon this subject is shown by all the leading thinkers of the present day. Mothers attend lectures on child training, child study, child culture, and child psychology. Children are actually becoming a fashionable fad, so much so that parents make a point of pushing their children forward on every possible occasion. The child nowadays has become a medium for innumerable experiments, and he is being watched and studied, but not restrained. It has become a perfect mania for mothers to talk about the normal and abnormal types and the typical conditions of children's minds. They are becoming the center of intellectual interest, though American life has become so expensive—especially in our great cities—that children are a luxury rather than otherwise.

In many American households the child appears to be the property of the mother alone. The American father has unfortunately little to say about the training of his children. He disappears early in the morning before the child is out of the nursery, and returns at night when the child is in bed. There is a time-worn American joke about the child who asked, "Mamma, who is that man who stops with us on Sunday?" Never was a truer jest.

Its natural successor is the American girl of Mr. Henry James, whose only relationship with her father was in the form of cable communications across the Atlantic. The messages of the daughter in Europe to her papa in New York consisted briefly of queries as to whether or not she might draw. On the father's side the communications were even more brief, being invariably couched in the cabled word, "Draw." It is a true picture of the American father invariably indulgent, especially to his daughters, invariably overworked, and almost unknown to his children. The mother goes with them through life every step of the way. The father of the American child, on the other hand, works for it with as great a devotion as any father in the world, but he permits his wife to take the place in the child's regard that should be partly his.

With all the fads and theories which are now being tried on the American child, the question is uppermost in our minds, "Is it a healthier and a better-mannered national product than the child of several years ago?" We believe we can rightly say "Yes, speaking generally." Physical culture for children has gone side by side with psychology in modern child training, but there is much left to be done in modifying the great love of freedom and independence which check respect for the aged.

In the picture illustrating this department, explaining the thought that Christ is talking to one of His little

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fold, we see the look of anxiety, of intense earnestness and a depth of sympathy for the little creature by His side. The child, looking up into His face, is evidently asking some important question, namely, "Who are the greatest?" He has a beautifully symmetrical head, and one capable of advanced understanding. The very attitude of the child shows a supplication for some intellectual interpretation of its inquiries. The poise of the hands, too, is eloquent and expressive.



WHO ARE THE GREATEST?
THOSE WHO ARE AS HUMBLE AS THIS LITTLE CHILD.

The picture is taken from "The Christ Story," by Eva March Tappan, published by Houghton, Mifflin & Co., and is full of character.

"If you want your children to be successful, you should teach them that the life that is worth living is worth working for."—Theo. Roosevelt.

No. 632. In reply to a query of Mr. Julian Ralph as to what Roosevelt would say to the young men of our city if he could speak to them with command this day, Roosevelt replied: "I would order them to work; I would teach the young men that he who has not wealth owes his first duty to his family, but he who has means owes his to the state. It is ignoble to go on heaping money on money; I would preach the doctrine of work to all, and to the men of wealth the doctrine of unremunerative work."

The picture of Roosevelt's children represents much of what he was as a young man. The children, with one

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exception, apparently possess the mental temperament. There is a predominance of brain over bodily power which was the case with their father when he was a boy, but Roosevelt has taken on more of the motive temperament since his boyhood, and we believe that the children, if rightly environed, will do the same. Little Quentin has a high, manly brow. Kermit and Theodore have both an extension of the upper forehead, which will give them a keen interest in study, especially in working out the mathematics of



Photo by Pach Bros.

PRESIDENT ROOSEVELT AND HIS FAMILY.

(1) Quintin; (2) President Roosevelt; (3) Theodore, Jr.; (4) Archibald; (5) Miss Alice; (6) Kermit; (7) Mrs. Roosevelt; (8) Ethel.

things. They will question and theorize and probe many subjects to their core. They are not lads to take things for granted. Law and philosophy will be interesting to them; in fact they appear to have more maturity of mind than is the case with boys of their age. Miss Alice, also, as seen in her earlier picture with the family group in 1894, shows a strong individuality of character and a combination of the fun-loving faculty along with a serious and intellectual trend of mind. She has originality, intellectual ability, a versatile mind, keen powers of analysis and criticism, and an abundance of human nature, or that intuition which enables her to take in at a glance the characteristics of strangers. She should be clever in repartee, quick to catch the meaning of a speaker, as well as capable of replying. In the younger daughter we see more of the vital temperament displayed, which illustrates the Dutch or Holland ancestry. She will be more loving and affectionate than fault-finding and critical. In Miss Alice there appears breadth across the brow, which indicates musical talent, and if properly cultivated it could be turned into no small amount of talent. The distance between the eyes and the breadth across the eyes are like her father's, and give her love of athletic exercises and outdoor sports. The boys, especially the two older ones, resemble the German type of head in their high foreheads and broad temples. Archibald carries a high head over the ears, and he will rule with justice and set an example to others in carrying out his agreements and promises. He is a lad of fine possibilities, though apparently more delicate than the others, but the last picture of him indicates that he is filling out and taking on more vitality. He will be interested in large projects

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and engage in broad philanthropies and enterprising work. Kermit will be interested in literature, the languages and law, while Theodore has more of an all-round head like his father, and will be interested in science and applied chemistry and experimental work, and will broaden out and show a public-spirited mind.

Mrs. Roosevelt shows that she is a practical, far-sighted, domesticated, intelligent wife and mother.

"JUST COMMON GOOD"

There is a story of a small boy who, having come to grief in his effort to do something extraordinary, wrote in his diary the resolution to "Try to be just common good all the time."

It is the "common good" that really counts for most, after all. The great events are rare, and the commonplaces are many—so many that they scarcely give place even to the few unusual happenings. Whatever of joy or sorrow sweeps through the house, they follow close in its train. After the wedding, after the funeral, after the terrible accident, somebody must pick up the scattered articles, begin to restore the wonted order, and set about getting dinner or supper for a humanity that must have its daily food whatever befalls.

Common little everyday offices, rendered by hands so familiar to the task that we seldom think to praise them for it, how much their faithful doing means! Our lives are not blessed, nor do we bless others or serve our Master half so much by remarkable talents and rare heroisms as just by the uniform common "goodness" of the common days.

THE ART OF GETTING ACQUAINTED AT HOME

A young fellow who had got into the habit of spending all his evenings away from home was brought to his senses in the following way:

One afternoon his father came to him and asked him if he had any engagement for the evening. The young man had not, says the Christian Endeavor World.

"Well, I'd like to have you go somewhere with me."

The young man himself tells what happened.

"'All right,' I said. 'Where shall I go?'

"He suggested the Columbia Hotel at 7.30, and I was there. When he appeared, he said he wanted me to call with him on a lady. 'One I knew quite well when I was a young man,' he explained.

"We went out and started straight for home.

"'She is staying at our house,' he said.

"I thought it strange that he should have made the appointment for the Columbia under those circumstances, but I said nothing.

"Well, we went in, and I was introduced with all due formality to my mother and my sister.

"The situation struck me as funny, and I started to laugh, but the laugh died away. None of the three even smiled. My mother and sister shook hands with me, and my mother said she remembered me as a boy, but hadn't seen much of me lately. Then she invited me to be seated.

"It wasn't a bit funny then, although I can laugh over it now. I sat down, and she told me one or two anecdotes of my boyhood, at which we all laughed for a little. Then we four played games for a while. When I finally retired I was invited to call again. I went upstairs feeling pretty small, and doing a good deal of thinking."

"And then?" asked his companion.

"Then I made up my mind that my mother was an entertaining woman, and my sister a bright girl.

"I'm going to call again. I enjoy their company and intend to cultivate their acquaintance."

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A FINE HIDING PLACE

"Shut your eyes and hold your ears," said Baby Bess. "We're going to play hunt the handkerchief; only I can't find my handkerchief, and I'll hide my ribbon instead." So she tiptoed across the room and laid the ribbon on the window-sill, behind the flower-pots.

Edna and Harold had a long hunt for it, and when they gave it up Baby Bess herself could not find it. There was the window-sill, there the flower-pots, but the ribbon was not to be seen. Where had it gone?

Now, it happened that morning that Mrs. Oriole was hunting for a string, and when she spied baby's ribbon at the open window she thought, "Ah, that is just what I want." So she took it in her bill and carried it away.

When autumn came and the leaves fell the children saw an empty oriole's nest in the elm tree, and Harold climbed up and brought it down. And what do you think they found in it? How the children all laughed! For there, in the bottom of the nest, was Baby Bess's blue ribbon, just where Mrs. Oriole wove it in to make a soft bed for the children.

—Our Little People.

PRIZE OFFER.

Several replies have come in answer to the prize offered for the best description of the Sunshine Gentleman who made a practice of saying "Good morning" to everyone he met. As this prize is open to everyone until December 31, the report will not be given until the January number.

We trust our readers will compete for Capt. Jack MacDonald's prize, which is for the best report on the exercises that have been practiced during the year.

Answers must be in by February 1.

A prize is offered for the best description of the dog called "Sport," who, through his sagacity, saved the life of a child.

A STORY FOR PRIZE AWARD.

STOPPING RUNAWAY, DOG SAVES A CHILD—MRS. TALBOT J. TAYLOR'S SPORT VANISHES AFTER HIS SAGACIOUS FEAT.

Louis Turner, coachman for Mrs. James R. Keene, vouches for the wonderful sagacity of Sport, Mrs. Talbot J. Taylor's brindle bull terrier, who, he declares, stopped a runaway horse yesterday and so probably saved a very small boy's life. Sad to say, after displaying courage, tenacity, and even intelligence that many a man might envy, Sport disappeared. A big reward has been offered for his return.

The bull terrier was raised in the Keene kennel at Cedarhurst, L. I. Mrs. James R. Keene gave him to her daughter, Mrs. Talbot J. Taylor, wife of the broker whose failure startled Wall street not so long ago, but who has re-established himself. The family highly prizes Sport.

Since he was a pup Sport has had the habit of following Louis Turner, Mrs. Keene's coachman. Turner was driving in a runabout yesterday afternoon and had with him his three-year-old son Alfred. Sport, who is as fond of Alfred as he is of the boy's father, followed the runabout, trotting along contentedly and disdaining the dogs that dared to challenge him.

Turner drew up before his home in Ocean avenue, Cedarhurst. Leaving Alfred in the runabout, and without troubling to tie the horse, he went into the house for a minute. Sport went along. As Turner was returning, the horse took two or three steps forward.



THE SAGACIOUS DOG "SPORT."

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"Whoa!" yelled Turner so loudly and sharply that he frightened the horse, which broke into a gallop.

Without a word of command from Turner, of his own initiative Sport shot after the horse like an arrow from a bow. In a moment he was running, at no small risk to himself, directly before the runaway, springing at the horse's head, snapping at his nostrils, barking, saying as distinctly as ever wise dog talked: Stop! Stop!!

Sport thoroughly appreciated Alfred's imminent danger. The dog made a mighty running jump, got a good bull-terrier's grip on a rein near the bit, and hung on. The horse snorted and swung his head, expecting to throw Sport into the air. Sport hung on. The horse ran from Ocean into Cedarhurst avenue, the runabout making the turn on one wheel, small Alfred bouncing like a rubber doll.

Charles Weston, of No. 16 Maple place, ran to the middle of the crossing of Cedarhurst and Central avenues and easily stopped the runaway, which was going slow by that time. But Sport did not know Weston, so he took no risks. Although the horse stood still, Sport hung on to the rein until Turner, breathless, arrived, plucked Alfred from the runabout and made certain he was not hurt a bit, only badly frightened.

FIELD NOTES.

Miss Anna Jewell, pianiste, pupil of Raoul Pugno, Paris, gave a concert at the Waldorf-Astoria on November 30. Her selections were rendered with her usual excellent taste and exquisite expression. Several distinguished artists also took part

CHRISTMAS IN MANY LANDS.

By the Rev. James Johnston.

In all Christian lands throughout Europe Christmastide is a season of festivity and thanksgiving. The name Christmas is taken from Christ and the Saxon word Mæsse, signifying a mass and a feast, hence the term Christmas is Christ's mass, or the feast of Christ.

In old England, long ago, it was the custom on Christmas eve, after devotions, to light large candles and throw on the hearth a huge log, called the "Yule Log" or "Christmas Block," which was followed by dancing and carols.

On the Continent Christmas is less observed in Spain than any other religious festivals, although Dr. Henry M. Field wrote more than a dozen years past that he found in Spain on Christmas eve the cheap cars on all the railroads filled with sons and daughters traveling to spend Christmas with the old folks at home, and all the stations crowded with their relations coming to greet and escort them. There was the same universal kissing and embracing which Americans show in New England stations the day before Thanksgiving. Spanish children receive at Christmas the zambomba and castanets, and so with their zambomba, castanet, guitar, and mandolin, shouting and laughing, a Spanish household is not a quiet one. Travelers tell us, however, that the Spaniards do love noise, and never scold their children into quietness.

The Italians heartily welcome the coming of the Santissimo Bambino (holy Christ child), and Italian children have a good time with torone (candy), and pan giallo (plum cake). At Rome, devout Italians and their children buy or make "yule cakes" of confectionery in the form of crosses or the infant Jesus, and give them to their priests. The Russians make Christmas second to Easter; but among the common people, Sujalki, which falls on Christmas week, is celebrated by necromancy, fortune-telling, strange superstitions, customs, fairs, in every part of the empire.

French people, notably in Paris and the great cities, enthusiastically hail Christmas Day. For several weeks before Christmas, the streets and shops of the capital present wonderful scenes of gaiety and brilliancy. Instead of belief in Santa Claus, which American or English children hold, French boys and girls have the tradition of "le petit noël," who comes down the chimney at midnight on Christmas eve, filling the sabots of the good children, and leaving the bad ones nothing save a bundle of rods. These rods are provided in the confectioners' windows, though the punishment is softened by their having hollow places inside which are full of bonbons. On Christmas eve, midnight services are held in many of the large churches, where the music is very fine and the crowds immense. Most impressive of all is the grand mass at Notre Dame, Paris, on Christmas morning.

Belgian children revel in Santa Claus, or St. Nicholas, their special patron saint. Before Christmas arrives crowds of young folks are taken by their parents to gaze at the shops filled with toys and sweetmeats. Santa Claus usually sends his presents disguised in cabbages, turnips, or pumpkins, which are attached to the Christmas tree. While they are looking wistfully at the tree, Santa Claus, the father, mysteriously

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slips into the rooms and throws bonbons into the air, which the younger children suppose to have fallen from the skies. If any of the children are not satisfied with their presents a rod may be sent, hence the song that the children sing:

"Look! the moon shines through the trees:
Children, cease your noisy play,
The joyous morn has arrived,
St. Nicholas, happy, happy day.
With beating heart we wait to see,
Who gets the cake, and whose the rod will be."

Very prettily is Christmas kept by the Croatians in Austria. For this annual feast the finest wheat flour, the sweetest honey, the richest fruit, and the best wine are stored up. Each Christmas the grandmother dips three wax lights which are placed on the table, and the boys bring from the forests immense logs of wood, the latter being sprinkled with wine and laid on the stove on the eve of Christmas. Two huge loaves are afterwards baked, signifying the Old and New Testaments.

When the bell rings on Christmas eve, the whole family assemble in the dwelling room, where the first taper is lit, and a hymn sung. The household gather around the well-stocked table, and ere the feast begins, the father takes the burning taper in his hand, saying: "Christ is born!" The children and friends present repeat, "Is born, really born!" Then the taper is passed, in turn, to the hand of each child, who has to mount the bench and say three times, "Praised be the Lord! Christ is born!" whereupon the other members of the family answer, "Praise the name of the Lord forever, and may He grant thee life and health."

Upon Christmas Day the second taper is lighted, and the father offers a short prayer. He next blows the taper out and pushes it down among the grains contained in a little vessel standing on the table. Whatever grain, barley, oats, wheat, etc., adheres to the candle, will, he believes, yield the best crop in the coming year. The last of the three tapers is always burned on New Year's Day, closing the Christmas festivities.

Throughout Germany every young person is taught to love the Christ child. On the morning preceding Christmas Day, it is customary to let a figure representing the Christ child wave past the window of the room where the little ones sleep. The rustling sound half awakes the children, in the gray of the morning, who, seeing the little child figure flit dimly past, go to sleep again in the blissful consciousness that the Christ child has not forgotten them, and that they will have abundance of presents from the tree in the evening.

German little people write their "Wunschzettel," a list of the new presents they would like to get, and their parents choose from the rather long list what they think suitable. The tree is bought and decorated in secrecy, and, on Christmas eve, the presents are fastened to a tree by mamma, and then papa, according to a very ancient custom, lights it with much ceremony. Impatiently have the children been waiting, and when the door is opened they rush eagerly into the festal room.

Nowhere, perhaps, is the Christmas festival celebrated with more gladness, by rich and poor alike, than in snowy Sweden. For weeks previously every home is in preparation for Christmas Day, particularly in the working of Christmas gifts. On the eve of Christmas these, as a rule, are mysteriously thrown into the rooms so that the donor may be guessed at, not known. Sad and forlorn is the lot of any Swede who receives no sign of good will when

"Peaceful was the night,
Wherein the Prince of Light,
His reign of peace upon the earth began."

At four o'clock on Christmas morning there is service in the country churches, which, for the only time of the year, are lit with candles. Whole families crowd the sledges and journey for miles while the bells "jangle across the snows." The churches are never decorated on account of the extreme cold and scarcity of evergreens, though nature herself wears Christmas garb in the shape of lofty pines, covered with frozen snow and birches glittering with rime; where the ice king holds royal court.

It is still the custom for the farmer's wife in Sweden on Christmas morning to carry bread from the granary for distribution among the poor, while the farmer places a sheaf of corn on a pole for the birds during the wintry storms, and, doubtless, the feathered pensioners enjoy their feast as merrily as the young Swedes their games and songs indoors at Christmastide.

Christmas, too, is kept by the boys and girls of American and English descent in Africa, the Tropics, and the far Antipodes, and by young Americans at home, where Kriss Kringle, clad in his furs and seated in his sleigh drawn by reindeers, gallops over the roofs of the houses on Christmas eve dropping down the chimneys choice gifts for good children.

Even in distant Bethlehem, among the Syrian hills, the birthplace of Christmas, we are told that the pretty dark-eyed girls of the old hill town join with their parents and strangers from over the earth in the beautiful and impressive services on the spot whither the eyes of the world have turned at Christmastide for upwards of nineteen centuries.

Darwen, England.

From the New York Observer.

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THE

Phrenological Journal

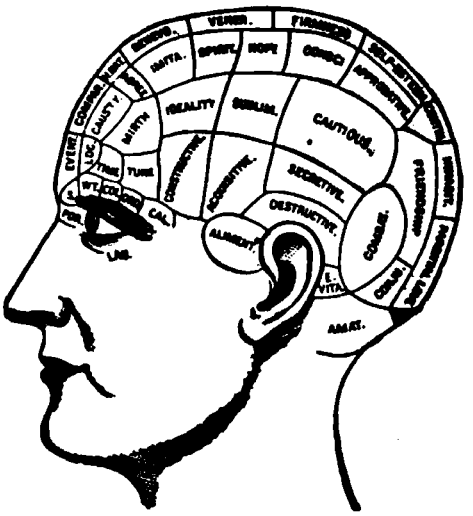
AND SCIENCE OF HEALTH.

(1838)

INCORPORATED WITH THE

Phrenological Magazine

(1880)



NEW YORK AND LONDON, DECEMBER, 1904

Hitch your wagon to a star, but always remember your limitations. . . Strive upward but realize that your feet must touch the ground.—THEODORE ROOSEVELT.

FAREWELL.

Good-by, Old Year,
With your frowns and cheer;
You'll ne'er come back
O'er the beaten track.

With us in care
You were wont to share,
In moments bright,
And in sorrow's night.

A tear, a smile,
As we part the while;
For aye adieu,
As we greet the new.

Sarah E. Baker.

HEARTY GOOD WISHES FOR HEALTH, WEALTH, AND HAPPINESS.

At this season of the year, all nations of the world unite in celebrating some form of festivities, and reunions are more universal than at any other time.

Good opportunities are therefore afforded for the study of individual character; plans for the future are made; new hopes and aims are indulged in; therefore we cannot do better than make out a chart of ourselves, or consult one who can do so in order that we may start on the right track.

By a better understanding of ourselves and our friends, we shall make more of ourselves, and sail along the ocean of life more smoothly; make fewer mistakes and accomplish more in the long run.

Those of our readers who know something about Phrenology should impart that knowledge to those who know less, and thus increase the universal benefit of seeking for truth where it is to be found.

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One way to study ourselves is to read The Phrenological Literature.

The facilities for obtaining the PHRENOLOGICAL JOURNAL are greater than ever before, and the public is taking advantage of them.

For the coming year some interesting interviews have been secured, and several new features will be introduced. Arrangements have been made with Mr. A. Roberts, an expert on Health, Gymnastics, and Physical Culture, to present these subjects to our readers in a thoroughly up-to-date and scientific way.

A series of articles will appear on "What Shall I Do with My Boy and Girl?" embracing hints on trades and professions.

Another series of short articles will be written on the various scientists and their views upon Phrenology.

Another on "Old Age and the Art of Keeping Young."

Another series will be on types of beauty, and hints on how to preserve beauty of form, mind, soul, and character.

Another series on "Hints to Mothers in the Management of Their Children, or the Peculiarities and Vagaries of Children's Minds."

Several choice articles, written by L. N. Fowler, which will be published for the first time, will be given from time to time.

Various topics will be open for discussion and prizes. Will subscribers kindly make suggestions for this department?

Wishing all our readers a happy Yule-Tide and a prosperous New Year, we make our respectful bow to the year that is now retiring and bend eagerly forward to greet the approach of the opening one.

RING OUT THE OLD

By Tennyson.

Ring out the grief that saps the mind,
For those that here we see no more;
Ring out the feud of rich and poor,
Ring in redress to all mankind.

Ring out a slowly dying cause,
And ancient forms of party strife;
Ring in the nobler modes of life,
With sweeter manners, purer laws.

Ring out the want, the care, the sin,
The faithless coldness of the times;
Ring out, ring out, my mournful rhymes,
But ring the fuller minstrel in.

Ring out false pride in place and blood,
The civic slander and the spite:
Ring in the love of truth and right,
Ring in the common love of good.

Ring out old shapes of foul disease,
Ring out the narrowing lust of gold,
Ring out the thousand wars of old,
Ring in the thousand years of peace.

Ring in the valiant men and free,
The larger heart, the kindlier hand;
Ring out the darkness of the land,
Ring in the Christ that is to be.

THE STORY OLD.

Margaret Isabel Cox.

The song, the star, the Child!
Birth of the Undefiled!
O, Bethlehem story old,
All men thou dost enfold!

The star, the Child, the song!
Rights' triumph over wrong!
O, Bethlehem story old,
All men thou dost enfold!

The Child, the song, the star
Are ours from time afar!
O, Bethlehem story old,
All men thou dost enfold!

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REVIEWS.

In this department we give short reviews of such NEW BOOKS *as publishers see fit to send us. In these reviews we seek to treat author and publisher satisfactorily and justly, and also to furnish our readers with such information as shall enable them to form an opinion of the desirability of any particular volume for personal use. It is our wish to notice the better class of books issuing from the press, and we invite publishers to favor the Editor with recent publications, especially those related in any way to mental and physiological science. We can supply any of the books noticed at prices quoted.*

"How Should We Breathe?" A Physiological Study, by G. H. Patchen, M.D. Published by the Improved Movement Cure Institute, New York. Price, 25 cents.

The pamphlet should be highly popular for two reasons: (1) It is on a topic of universal interest, and it is written by an author who knows how to explain what his readers want to hear about. Dr. Patchen is a graduate of the New York Homeopathic College, a senior member of the American Institute of Homeopathy, president of the New York Medical, Gymnastic, and Massage Society, and consequently he has studied the subject of breathing as an expert, and is prepared to give his experience on the subject in no undecided way. Everyone has a pair of lungs, but few people know how to use them. This book clearly demonstrates the mechanical object of respiration, and, further, that there exists other indispensable uses for respiration beside that of supplying air to the lungs, and also show how this important function may be used remedially for the cure of more severe and obstinate forms of chronic diseases. The book should sell by the thousand. It is small and inexpensive.

"Spiritual Spices." The Scripture upon which is Based the Teaching of Deliverance from All Sin, or Sanctification. By the Rev. I. S. Tate. Published by Fowler & Wells Co., New York. Price, 25 cents.

This booklet has been written with considerable care and thought. The truths and errors treated upon are those which are greatly perplexing the minds of many earnest Christians. None can afford to be indifferent to them, but by the aid of the Holy Spirit they should be squarely faced. That the Christian believer may be led into the truth is the highest wish of the writer. In the second chapter the subject is upon "Test of Character and Victory;" then follows one on "The Intellectual Faculties," and on page 42 the subject of "Harmony between the Scriptures and Phrenology" is discussed. Evidence of this is shown in the organs of conscientiousness and self-esteem.

The book is illustrated with a few half-tones, which add to the interest of the reading matter. The work is written in a condensed and usable form, and we expect that many will want to read it and pass it on to their friends. It would make a nice Christmas gift.

"A Christmas Carol" and "The Year that is New" are two appropriate poems for this season of the year. By Mrs. Anna Olcott Commelin. They are exquisitely painted on high-toned paper, and are beautifully embossed. They will make anyone appropriate souvenirs for the Christmas-tide, and the New Year. The price of the "Carol" is 30 cents and "The New Year that is New" is 25 cents. They are more comforting gifts than much of the literature that is published and sold at this time of the year, and we highly recommend them to our readers. In our Publisher's Department will be found a list of the author's books, all of which make suitable presents for this time of the year. These Christmas and New Year's tokens can be obtained from Fowler & Wells Co.

"Know Thyself." A Souvenir Guide of Life. By W. Rockwell Kent.

This is a small chart which gives advice on temperaments, condition of health, right occupations, marriage adaptation, line of education, secrets of success, and a way of happiness.

Another recent pamphlet of his is on "Telepathy." Price, 10 cents. Binghamton, N. Y.

We have received a finely bound copy of "Frenologiska Fyrtornet," by Prof. William E. Youngquist, of Stockholm, Sweden. The book consists of 262 pages and sells for $2.00. It is illustrated with cuts of various sizes of heads, the brain, and of celebrated people. The work has been brought out in Sweden, and is written in the Swedish language. It is a work of triumph for a student of the American Institute of Phrenology of 1901, and does the writer great credit for his perseverance and indomitable courage. We shall have further to say about this book in a future number of the JOURNAL.

Mr. Youngquist has also forwarded us four Swedish papers, which contain phrenological items of news, some illustrated post-cards, an unmounted photograph of the recent phrenological celebration that was held in Stockholm, and two medical pamphlets, both of which mention the work of Gall and Spurzheim.

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NEW SUBSCRIBERS.

CHARACTER SKETCHES FROM PHOTOGRAPHS.—*New subscribers sending photographs for remarks on their character under this heading must observe the following conditions: Each photograph must be accompanied by a stamped and directed envelope for the return of the photograph. The photograph or photographs (for, where possible, two should be sent, one giving a front and the other a side view) must be good and recent, and, lastly, each application must be accompanied by a remittance of* $1.00 (5*s. English*) *for twelve months' subscription to the* PHRENOLOGICAL JOURNAL. *Letters to be addressed to Fowler & Wells Co., New York, or L. N. Fowler & Co., London.*

No. 765—M. B.—Glen Eyre, Pa.—This gentleman lives altogether in the anterior part of his brain, while he leaves the back part of his head to starve for want of more social affinities, domestic relations and comradeship. He would rather think by himself than in the company of others. When he gets started he makes a good worker and an excellent planner or organizer, but he needs someone to start him up and set him going and wind his mental clock for him. He has good perceptive powers, and these should enable him to adjust himself to practical work. He likes to gather knowledge from seeing men first do a thing; then he is able to carry it out in detail himself and make improvements as he goes along. He is particularly shrewd or keen in comparing and analyzing material. Were he a watchmaker or jeweler, he would know the quality of the gold that an article was made of without weighing it. He will be able to judge whether there is any shoddy in the material or not. He is quite ingenious, and will bring out some rather novel ideas if he has a chance given to him to invent, but he may not want to take the responsibility of working out his own designs at his own expense. Self-esteem does not appear to be sufficiently developed to give him confidence in his own powers; hence he must go ahead and take up more work of this kind.

No. 766—Miss R.—Duluth, Minn.—This young lady is refined, cultured, high-toned, sensitive, and very particular how her work is done for her. She is capable of earning her own living, and of cutting out for herself a lucrative position. She could teach, write, or design, and her perceptive faculties, together with her large comparison and human nature, should enable her to sketch the characteristics of people quite readily. For instance: if she were to sit behind anyone in a meeting, she could portray the leading factors in a face with accuracy. She is a born critic, and it is hard for her to take things as they are, and, generally speaking, she is able to improve whatever she handles, and persons are willing to let let her use her taste in embellishing their work. She would know how to direct a dressmaker concerning the style of her dress, and would equally know how a picture should be hung to advantage on the wall, or how a table should be decorated and arranged. If drawn out in conversation, she is well suited to entertain a number of people who possess different tastes. She is very ardent, earnest, sincere, affectionate, but persons have to know her to realize the depth and the fullness of her character. She has well-poised dignity, and is quite independent in character.

No. 767—Miss B.—Duluth, Minn.—The photographs represent this young lady to possess a good deal of executive force of character. She is one who will make things lively around her, and will know how to hustle and get through work when she knows what she has to do. She takes after her father in many respects. She has a practical way of looking at things, and has a good arch to her brow; hence should succeed in a scientific line of work. She has the indications of long life, and will sustain herself in a position of responsibility. Were she to take up a professional course and decide to study medicine, we do not see any reason why she should not succeed if she will concentrate her mind on her work and not have too many irons in the fire at once. Her ear is well set, and indicates vitality in the lower part of it and mentality in the upper portion. She will grapple with difficulties until she overcomes them, and will get out of life a good deal of fun and real enjoyment. She generally shows order, method, and system in her work, provided she is allowed to carry out her work in an original way. She is quite intuitive, loves to analyze and dissect things, and to see how they are put together. She would make a good superintendent of a school, where she had a number to look after and "boss," as they say, and would get her work done at a stated time.

No. 768—E. C.—Toronto.—This little child is wide awake from head to foot. He is a true boy, and knows how to regulate things in a true, manly way. He has the spirit of fun in him, and will want to tease somebody. He is a regular Jehu. He will drive ahead and hustle in business, and nothing but a large business like Wanamaker's or Siegel & Cooper's will suit him. He will do a lot of thinking whilst he is working, and will never be at a loss for a plan, for he will always have one ready to take the place of the one that fails. He is able to work from a pattern, and easily adapts ways and means; thus, when he plays with his bricks, he will copy a picture.

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OUR CORRESPONDENTS.

QUESTIONS OF GENERAL INTEREST ONLY *will be answered in this department. But one question at a time, and that clearly stated, must be propounded, if correspondents expect us to give them the benefit of an early consideration.*

IF YOU USE A PSEUDONYM OR INITIALS, *write your full name and address also. Some correspondents forget to sign their names.*

A. S. T., La Harpe, Ill.—You ask us how you can cultivate the motive temperament. The best way for a person to cultivate the Motive Temperament is to have a walk before breakfast, join a gymnasium, exercise privately every day, as well as once a week in a class, and eat nitrogenous food, such as eggs, wheat, cereals, toast, graham bread, baked apples, etc. He should live in a cold climate or a northern city, where he will have to hustle to keep warm, but he should avoid southern towns, where the climate is warm, muggy, or relaxing. You will see by this that you can cultivate the Motive Temperament by exercise, diet and place of abode.

S. E. B., Brooklyn, N. Y.—We will endeavor to meet your request by giving a picture and sketch of the lady you mention. We have been thinking of doing so for some time, but the opportunity has not occurred, and we have had to put other matter ahead of this article.

FIELD NOTES.

Mr. D. T. Elliott makes examinations daily at the Fowler Institute, London, and gives instruction in phrenology to private pupils and to classes twice a week.

J. M. Fitzgerald, of Chicago, is taking his medical course at night, therefore, can be found at his office during the day as of old doing phrenological work.

H. D. McDowell is located in Etowah, Okla. Ter., giving phrenological examinations.

H. H. Hinman can always be found in Fort Worth, Tex.

D. F. McDonald, J. P. Wild, and Henry Humphreys can be seen at the St. Louis Fair for examinations.

George Cozens is in Brandon, Manitoba, Can.

George Morris is still in Portland Heights, Ore.

M. W. Youngquist is lecturing in Stockholm, Sweden.

Mr. Allen Haddock continues to give phrenological examinations, edit Human Nature, and teach phrenology at San Francisco, Cal.

THE FOWLER PHRENOLOGICAL INSTITUTE REPORT.

On Wednesday, November 2, the usual monthly meeting, a capital meeting, was held at the Fowler Institute, at which Mr. James Webb delivered a lecture on the "Early History of Phrenology." Mr. Webb dealt principally with the introduction of phrenology into England by Dr. Spurzheim; also the early lectures of George Combe. The lecture created a good deal of interest. At the close of his lecture Mr. Webb gave an Examination, and was heartily accorded a vote of thanks.

We are glad to say that our monthly meetings of Students are being well attended. These meetings are held on the last Tuesday in the month, to which all past and present students are cordially invited.

THE AMERICAN INSTITUTE OF PHRENOLOGY.

The Rev. Thomas A. Hyde, B.D., A.M., will lecture at the American Institute of Phrenology on Tuesday evening, December 6, at 8 o'clock. This lecture will be free, and it is hoped that a good attendance will be present.

On Tuesday evening, January 3, at 8 o'clock, the Rev. Arthur Jamieson, of the Eighteenth Street Methodist Church, will lecture on "Scottish Life and Character," illustrating the lecture with stereopticon slides.

THE ANNUAL INTERNATIONAL CONFERENCE.

The annual international conference was held at the hall of the American Institute of Phrenology, 24, East Twenty-second street, on Friday afternoon, Oct. 28, at 2 o'clock.

The Rev. Thomas A. Hyde, B.D., A.M., presided in an able manner.

After his opening remarks he called upon Mrs. Hester E. Leach, of New York City, to read a paper on "The Use of Phrenology

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in Education." As Mrs. Leach has been a teacher for many years, she was able to bring home to her hearers many valuable points.

Mr. D. P. Flagg, of Michigan, followed with a paper on "Character Reading." He pointed out different ways of interpreting character, but said that phrenology was the first and best method.

Next was the paper from Mr. Clarence W. Cox, of North Dakota, on "The Practical Value of Phrenology as Applied to Everyday Life," which showed how useful phrenology is when properly understood.

Mr. B. Klein, from Hungary, then gave, with elocutionary effect, a paper on "True Success, What It Is, and What It Ought to Be."

Mr. George David Erwin, from British Columbia, who was the next speaker, read a paper on the ethical bearing of phrenology called "Phrenology in Relation to Moral Teaching," which was a practical paper.

Miss Helen V. Pratten's paper was on "Mental Deficiencies and How to Meet Them," in which she mentioned some facts that had come under her own observation.

Miss Fowler, as vice-president of the institute, then delivered an address to the students, and gave them their final charge in relation to their work at the Institute. She said in part: "The motto I have selected for you is, 'Never desert your line of talent. Be what Nature intended you for, and you will succeed; be anything else and you will be ten thousand times worse than nothing.'

"Worthy members of the graduating class of 1904, I congratulate you on behalf of the faculty, and say that you have been a progressive class, and we feel you will not disgrace the subject which you came to study, but uphold it in a Scientific manner.

"It is a noble task which you have undertaken, and you will be called upon to show to your fellow creatures that the study of man is the most important of all studies.

"Phrenology will help you to explain many of the hidden truths that remain mysterious to others. It is the base of all truth, and, as one great educator has said, 'It is the handmaid to Christianity, and light to progress; a torch in the night, a warning to sailors and sun to the cold world, and of use to everyone.'

"It is our privilege now to present you with the diplomas of the Institute, for which you have diligently worked, with the honors that pertain to them.

"It is the hope of the faculty that you will not cease your studies, but continue your thoughtful investigations throughout your working lives.

"You are blessed in having many advantages that were not possessed by the pioneers of this science, and these privileges we trust you will use, by taking up the work laid down by them. Do not, I charge you, forget the high duty that devolves upon you as graduates of this Institute, to uphold the science in every possible way, and explain to others their divine inheritance, and thus bring to light your own acquired knowledge.

"Be careful in your advice, realize your responsibilities, be tactful, yet truthful and sincere, and you will win laurels wherever you go."

She then handed the diplomas to Mr. Hyde, who presented them to the students with a suitable word for each, and stated that when he was at Harvard the closing address of the professor was delivered in Latin, much of which they could not understand. He urged upon the students to continue their studies and increase their knowledge of the subjects they had presented to them.

The following are the names of the students who received diplomas: Mr. C. W. Cox, of North Dakota; Mr. George David Erwin, of British Columbia; Mr. D. P. Flagg, of Michigan; Mr. B. Klein, of Hungary; Mrs. Hester E. Leach, of New York, and Miss Helen V. Pratten, of Germany.

Mr. Piercy then read letters from friends who were unable to be present, who had forwarded papers for the Conference, which will be published in the PHRENOLOGICAL JOURNAL. The letters were from Miss Emily M. Lutze, of Trenton (class of 1900), whose paper was upon "Why Women Should Study Phrenology;" Mr. D. T. Elliot, of London; Mr. Reynolds Ramsey, member of the Fowler Institute, London; Mr. Webb, of London, whose paper was on "Head Measurements of School Children;" Mr. J. Millott Severn, of Brighton, Eng., whose papers on "Phrenology and Its Usefulness in Business;" Mr. William E. Youngquist, of Sweden (class of 1901), whose paper was on "Phrenological Footprints in Sweden;" Mr. J. M. Fitzgerald, of Chicago, whose paper was on "The X-Rays of Phrenology;" Mr. Ira L. Guilford, of Los Angeles (class of 1876), "The Philosophy of Phrenology;" Prof. Allen Haddock, editor of Human Nature, San Francisco, Cal., whose paper was on "Phrenology and New Thought;" Alexander Verner, of England (class of 1898), whose paper was on "Phrenology and the Feeble-Minded."

As a closing speech Dr. Sahler, of Kingston, was asked to address the conference on "Suggestive Therapeutics."

Among those present were Mr. Wilson MacDonald, the octogenarian sculptor and phrenologist; Miss Alice Drew (class of 1898), Mr. Cornelius D. Blauvelt (class of 1897), Mr. John L. Streever, Mrs. Louisianna Brown (class of 1900), Mr. James E. Prescott, Miss Hammann, etc.

In the evening at 7 o'clock the annual dinner was served at Miller's Hotel, when

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the following ladies and gentlemen were present:

Mr. and Mrs. R. M. Dixon, Mr. D. W. Pye, Miss Edgett, C. O. Sahler, M.D. Miss J. A. Fowler, Wilson MacDonald, sculptor; Miss Helen V. Pratten, Mr. B. Klein, Mrs. Hester E. Leach, Mr. George D. Erwin, Mrs. Margaret I. Cox, Mr. and Mrs. Stumm, Mr. and Mrs. Vanderbilt, Mr. and Miss Drew, Drs. Carrie and Charles Wesley Brandenburg, Miss R. Wallace, Mr. Stewart, Miss R. Robson, Mr. Lane, Miss L. Craw, Mr. E. Smith, Miss S. Robson, D. M. Gardner, M.D., Cora M. Ballard, M.D., Rev. Thomas A. Hyde, B.D., A.M., Mrs. Hopkins, Mrs. Wooster, Mr. C. D. Blauvelt, Miss Irwin Mr. George G. Rockwood, Miss Hammann, John L. Streever, Dr. and Mrs. E. P. Miller, Mr. M .H. Piercy.

At the close of the dinner the evening meeting was thrown open to members and friends who assembled in the reception room of Muller's Hotel.

Charles Wesley Brandenburg, M.D., chairman of the evening, first called upon Mr. Stumm to give an address on his experiences of phrenology in Germany.

Mr. Stumm said, in part: "Electricity is a subject which has been examined by Edison from A to Z. Lightning was a subject to which Franklin was attracted. Telegraphy was a subject in which Morse took no small interest; in fact, electricity is the maximum of all working power in the twentieth century, yet there is a subject that I want to speak upon that is of vastly more importance to the world at large, and that is one that has interested me personally."

He excused himself by saying that what he had to say was connected with his own family, and he hoped he would be excused for doing so, as he had been asked to speak upon his reminiscences in Germany.

To go back to the time when his mother was a child, it might not be generally known that it was the custom in Germany to use phrenology in a practical way; hence his mother was examined by two phrenologists, both of whom told her that she should follow art and music.

His mother was the only child, and two rich uncles bitterly opposed the idea of teaching the child music or art or anything beside domestic affairs.

So dearly, however, did the child love music, that every sacrifice was made by her mother, who was then living, to secure her some training in the art of music. When the holidays came round, and the little girl was eight years old, the two uncles were invited to come and hear her play. They were surprised at her progress, and wondered how she was able to play so well, with so little instruction. They thereupon decided to give her the best musical education possible.

Her talent for music and drawing was transmitted to her children, for, in school, the speaker won all the prizes for drawing. The same inheritance showed itself in his daughter, he said, for at sixteen she was considered the nightingale of that time. She had also talent for drawing, and when six years old, she made fifty to a hundred sketches with a stub pencil in one day. At sixteen she illustrated a book in Kate Greenaway's style for the W. C. T. U., called "The Mother Goose of Temperance." Rockefeller was so pleased with the work that he ordered many editions to be printed.

Now, if phrenology could be of service, the speaker thought, in directing the talent of one child in the right direction, could it not demonstrate whether a person could become a good soldier or whether he would be a traitor or a thief. He believed that phrenology could tell by the formation of the head whether persons were fitted for this occupation or not, and if it could guide the soldier aright, it could also direct all the children in school into their right sphere.

At present it is considered more as a toy, instead of being used in a definite, positive way among the children. Electricity was once used only in select and special directions. Now it is being adapted to all classes of work. He thought that if so much time was given to the breeding of chickens, horses, and other animals, why should we not know our own children.

He said two years ago he had his own head examined, and if he had followed the advice that was given to him he would not have suffered from the nervous prostration that he had passed through. He always did what he could to induce people to have their children's characters delineated before they are properly formed, so that the parents might be guided by the advice given to them.

Mr. George G. Rockwood was then asked to sing a song, which he did with his usual vigor and crispness of expression. He sang the beautiful song, "To Anthea," or "Bid Me to Live," which was highly appreciated.

Madame Anna Jewell next gave a pianoforte solo, called "Studio de Concert," by Martucci, which was encored, and captivated the audience by her technique and wonderful tone expression.

The Rev. Thomas A. Hyde was next asked to give his "Reminiscences of Phrenology in Harvard." He began by saying that when he was a boy of eleven or twelve years of age, he had the privilege of reading in a private library, and there were two books which particularly interested him. One was "The Wars of the Saracens" and the other was "Combe's Phrenology." He devoted all his spare time to the reading of them, and became so interested that when

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the boys one evening came to ask him to go out skating with them he replied, "No, he could not go." They asked him why, and he told them that he had a book on phrenology that he was reading, and did not feel inclined to give it up, even to go out skating. He said he never knew Phrenology to go back on anyone. Phrenology set him out on the right track, and he believed it could do the same for others.

He went to Harvard University, where he studied under Prof. Boyd and Prof. James. He found that phrenology was of great use to him, and he attracted the attention of the other students in the practical demonstration of the subject. He found that it helped him in the study of psychology. Metaphysical reasoning, or philosophy, was then in full bloom, and Mr. Hyde and his brother had many an argument on the old and new philosophy of the doctrines of the mind. When he came to study psychology under Prof. James, each student was expected to bring the brain of some animal, and about that time all stray cats were utilized for this purpose.

He found that Prof. James had evidently made a study of phrenology, for he referred in his lectures to some of the phrenological organs and their location, and one day he illustrated the organ of philoprogenitiveness and its location in the brain by a blackboard drawing, explaining that some birds care more for their young in nests of their own than others, and that this faculty was large in some and small in others, and that philoprogenitiveness gave a love of offspring.

Prof. James excused himself when he was asked by Mr. Hyde if he believed in phrenology, after explaining so carefully the location and function of philoprogenitiveness. Prof. James said: "While he believed that there were a few locations that were correct, it was impossible to follow all of them."

Mr. Hyde went on to explain that a list of topics was furnished to the senior class of Harvard, with the request that members would select one or more as a subject for a philosophical thesis. Among the topics enumerated in the schedule were "Phrenology and Analysis of Types of Character." He chose these two subjects, and combined them into one under the title, "The True Basis for the Science of Mind and Study of Character." He was influenced in his choice partly by the circumstance that many statements regarding phrenology were continually being made, not only in classrooms, but also outside, by students and professors, which he knew from his acquaintance with phrenology to be unjust, unreasonable, unwarrantable, and untrue.

One day Mr. Hyde said to his professor of psychology, Prof. James: "How is it that you make an objection to Phrenology by saying that it is not a science of the mind, but merely an art of reading character. Is the science of medicine less of a science because it is giving rise to the art and practice of medicine? Is geology less a science because from its principles practical geologists can survey tracts of country and draw geological maps and write reports? If that objection holds good against Phrenology, it applies with equal force against every science which has its principles so well defined that they can be put into practice, for an art is only applied science. This objection, instead of being an argument against Phrenology, is the crowning proof that its principles are derived from Nature itself."

After reading the essay, the professor of psychology explained that by his assertion that phrenology was not a science, but merely an art of reading character. He did not mean an art in the real and true sense, as an art of medicine, etc., but simply as an art in its degraded sense, as a black art, applied to fortune-telling, astrology, etc. "It would have been well," continued Mr. Hyde, "if he had given this definition of art to his students in class assembled, as his words then conveyed a condemnation of phrenology as an art in the true sense of the word. It did not seem possible, he said, that the professor of psychology, after carefully reading the works of Gall, Spurzheim, Combe, and Bain, which he said he had read with great interest, could entertain so low an estimate of phrenology, especially as Prof. Bain, who was not at all partial to phrenology, admitted it to be a science of character as well as an art.

After one of his discussions on the subject Prof. James invited Mr. Hyde to go over to his house, and tell him what he thought of his own character. Mr. Hyde went, and before the large log fire, explained to him his characteristics, all of which Prof. James was ready to admit were correct, but said he did not understand how they could all be judged from the head. The professor asked a few questions with regard to his language and memory, to which Mr. Hyde replied that he had strong powers of observation, and had the power to see and remember individual forms, but insufficient language to explain what he knew, and therefore had recourse to the blackboard to supplement his knowledge. "That is so," replied the professor. "I wish I had your flow of language to explain my thoughts and ideas; you certainly can wipe the floor with Prof. Bain."

Two or three years ago, when Mr. Hyde and his brother returned to their Alma Mater, and were marching in the procession that was going into the hall for the annual dinner, Prof. James called them one side, and asked them if they still believed in phrenology. "Yes," said they, "only more than ever, as fresh proofs come to light year

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by year." Mr. Hyde continued by saying that few men gave up the study of phrenology after they had once proved its value. "There are some people who could delineate character by the size, length, and proportion of the thumb. Agazzes said, 'Give him a tooth or a claw of any animal, and I can tell what class of carnivorous animals the bone belonged to.' If persons can tell character by the thumb, and anatomists can discover what class of animals a single bone belongs to, is it not possible for phrenologists to delineate the character of an individual from the development of the head? Here is a science that persons can take hold of when people begin to study it for themselves." (Applause.)

Miss Randell then sang, with great taste and feeling, "Thou Art All the World to Me," which was encored.

Dr. Gardner, of Caldwell, N. J., who had given up a special political meeting and travelled over twenty miles to attend the gathering, was then asked to make a speech. As one of the professors of the Institute, he alluded in a very appreciative way, concerning the perseverance of the students, and said he knew that although his subject was naturally difficult for them to grasp, yet their examination papers had shown that they had made excellent progress in the time at their disposal. He said he felt as though he did not want to miss this entertainment, although he knew practically nothing of phrenology, but in all such gatherings that he had attended, there was always an effort made to make everyone feel at home, and that he thoroughly enjoyed meeting the members on such an occasion. He believed that if there was an automobile organ that phrenologists ought to be able to find it out, and if there was any form of a skull that represented the one who could make a good automobilist or pianist, etc., he believed that Phrenologists could be of much service to others.

Dr. Brandenburg then spoke on the work of the Institute, and referred to the excellent speeches they had listened to, and said that Dr. Gardner was "a member by adoption, if not one by profession of faith."

Miss Fowler then made a phrenological examination of a young gentleman who was proposed by a member of the audience. He was a gentleman of considerable intellectual capacity and executive ability. He was told that he would make a good business man; that his knowledge was available, or kept in liquid solution, ready for use, and that he would make an excellent secretary of a large trust company, or could succeed in the study of law, especially in considering investments, the straightening out of business, or the working out of commercial affairs.

His originality of mind would some day show itself in a literary direction, for he had many ideas that he would like to put into practice; in fact, he possessed a very versatile mind.

Mr. Wilson MacDonald, the octogenarian sculptor and phrenologist, then made a few remarks on the use phrenology had been to him in his work. He said he had heartily believed in phrenology all his life, and had defended it whenever he met with people who did not believe in it from want of knowledge concerning it. His mother intended he should become a doctor, and so he attended college for six years and studied anatomy and physiology and the nervous system, but he did not like doctors, and could not bear the idea of becoming one. He had, however, used his knowledge of the human form in his art as a sculptor. He said he only need to look over the head of an individual to tell them how they would probably live and what they were good for, and then make a bust of them and let them go. He further said he had modeled more heads during the last fifty years than any other living sculptor, and had found that when he had not been able to get all the sittings he had wanted, or had to copy and make a bust from a front photograph, he had been able to complete the bust accurately by judging of the correspondence and relative proportion of one part of the head to another, which had been a surprise to many people. He said that some people said they could tell your character by your feet, and others by your hand, but he believed in taking the head as an index of character. He advised them all to make as thorough a study of the head as was possible, for it was the true index of the character.

Mr. Klein, a member of the graduating class, then asked to say a few words on behalf of the students. He wished to extend their hearty thanks for the thorough and patient manner, as well as the scientific way that they had been taught, and believed that they would continue their studies through the incentive they had received. He hoped that many there would be induced to make a study of phrenology another year, for he was sure that they would not find the time or money wasted and that it would be a lifelong blessing to them. Many subjects had been presented to them in a new light, and phrenology had been explained to them in a thoroughly practical way, both theoretically and clinically.

At the close of his remarks, Madame Anna Jewell played Liszt's "Hungarian Rhapsody," and responded to an enthusiastic encore.

Dr. Brandenburg announced that an evening class would commence the first of the year on Monday evenings, and would continue for ten evenings, particulars of which could be obtained of the secretary, Mr. M. H. Piercy.

The meeting was then brought to a close.

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SENSE AND NONSENSE.

PROOFS!

Where are the proofs of Phrenology?
  Why, you carry them about on your head;
It's an essential of your make-up,
  And the outlines are easily read.

You repeat quality—quantity,
  And recuperative energy,
Of brain, heart, lungs, tissues, and nerves,
  Which in health act harmoniously.

Brain and spirit guide the entire man,
  Making him grandly, keenly alive;
God made man perfect, royally equipped
  With laws and rules from which to derive

The just, superb action of mankind,
  And all accords with Phrenology;
Proofs are written on head and face,
  And spread out through your entire body.

There are no exceptions to this fact—
  Each takes his proof-sheet with him—
From best use to vilest perversion,
  Each fills his own life-cup to the brim.

So, let us not play fools with ourselves,
  But do the very best that we can,
Do it promptly and beautifully,
  And thereby perfect our regal man.
The Dome of Thought does and will lead the van. Amen!

MARY DEWEY.

FOR YOUNG MARRIED PEOPLE TO TRY.

Try to be satisfied to commence on a small scale.

Try to avoid the too common mistake of making an unwise effort to "begin where the parents ended."

Try not to look at richer homes and covet their costly furniture.

Try going a step further, and visit the homes of the suffering poor when secret dissatisfaction is liable to spring up.

Try being perfectly independent from the first, and shun debt in all its forms.

Try to cultivate the moral courage that will resist the arrogance of fashion.

Try buying all that is necessary to work with skilfully, while adorning the house at first with simply what will render it comfortable.

Try to co-operate cheerfully in arranging the family expenses, and share equally in any necessary self-denials and economies.

Try to be cheerful in the family circle, no matter how annoying may be the business cares and the housekeeping trials.

Try to remember that it matters but little what "people think" provided you are true to yourselves, to right and duty, and keep your expenses within your means.—McCall's Magazine.

Little Johnny (looking cautiously at the visitor): "Where did the chicken bite you, Mr. Billus? I don't see any of the marks."

Visitor: "Why, Johnny, I haven't been bitten by any chicken."

Johnny: "Mamma, didn't you tell papa Mr. Billus was dreadfully henpecked? Why, mamma, how funny you look! Your face is all red!"

KEEP SWEET.

There is a little sentence
  Worth its weight in gold,
Easy to remember,
  Easy to be told,
Changing into blessing
  Every curse we meet,
Turning hell to heaven—
  This is all: Keep sweet.

MATTER OF SEX.

"This is one of the spiciest books I ever read," remarked the hardware drummer, as he turned over another leaf.

"So?" queried the hotel clerk. "What's the name and authoress?"—The Scroll.

BE STRONG.

Be strong!
We are not here to play, to dream, to drift;
We have hard work to do, and loads to lift;
Shun not the struggle—face it; 'tis God's gift.

Be strong!
Say not, "The days are evil. Who's to blame?"
And fold the hands and acquiesce—oh, shame!
Stand up, speak out, and bravely, in God's name.

Be strong!
It matters not how deep intrenched the wrong,
How hard the battle goes, the day how long;
Faint not—fight on. To-morrow comes the song.

—Selected.

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CURRENT EXCHANGES.

"Human Nature"—San Francisco.—The opening article is one calculated to give the readers a clear idea of the difference that exists in the shape of heads. Illustrations are given of an observer, a thinker, and a man who combines both powers. Heads differ, and this article points out the differences that appear in men. An article by Frank Reed on "Some New Thoughts that are Old and Untrue," is much to the point.

"Mind"—New York.—This is a magazine of science, philosophy, and religion, and for its opening article in the November number it presents an exhaustive paper by the Rev. R. Heber Newton, on "Parsifal: the Outcome of the Life of Richard Wagner." It is divided into six chapters or parts. We highly recommend it to all who have seen and all who wish to see the play. "The Law of Progress" is another article by Eugene Dele Mar. This is a paper that is strong and helpful.

"The Bookkeeper and Business Man's Magazine" has always some good articles that are thoroughly up-to-date, and have a bearing on matters of a business character. In one number there appeared an article on "Financing a Great Campaign." The article should be read by all persons interested in those affairs which make for the progress of public and political affairs. The article was written by Walter Wellman.

"The New England Homestead"—Springfield, Mass.—This magazine is the Eastern edition of the American Agriculturist, and is thoroughly helpful, from a domestic, as well as from an agricultural standpoint. Washington once said, "Agriculture is the most useful and the most noble employment of man. The paper is illustrated, and contains many useful hints concerning the raising of stock, chickens, flowers, bees, etc.

"The Book and News Dealer"—New York—Is an illustrated magazine containing criticisms of the latest published books by all the well known publishing firms. It contains an excellent portrait of Josiah Allen's wife (Marriette Holley), who has been known to lovers of humorous literature by her pen name for many years.

"Human Culture"—Chicago, Ill.—Contains an article on Bernard MacFadden, which says, "He has done a great deal of good in arousing the people to action. He believes that the people should use their own powers and develop their own faculties, and for this reason he hails phrenology because phrenologists teach development." An article on "Character Reading Art," by V. G. Lundquist, is an original article, fully illustrated.

"The Popular Phrenologist"—England.—Contains an article on the "Rev. John Spence, Preacher, Teacher, and Author," by W. G. Wheeler; another on "Anatomy and Physiology of Man," by Dr. Withinshaw, which article is illustrated with the temporal bone of the skull.

"The Philosophical Journal"—San Francisco, Cal.—Contains an article on "The Law of Inspiration," by Dr. T. G. Morris. As we all need inspiration in whatever work we are engaged, we all need to read such an article as this.

"Madame"—Indianapolis, Ind.—Contains

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an article in the November number on Mrs. Dore Lyon.

"The Medical Times"—New York.—Among the many interesting articles in this journal, one is written by John B. Huber, namely, "Marriage and the Offspring with Regard to Tuberculosis," and another on "Should Deaf People Marry?" by H. M. Heyward, M.D. Both articles appear to us as significant ones, and should be studied with care.

"The Character Builder"—Salt Lake City.—This is a journal devoted to the development of character. There are many given to young and old concerning the various talents. Its articles are short and to the point. Mr. N. Y. Schofield has always something original to say concerning an up-to-date character, while Mr. John T. Miller has a number of articles running through each number.

"Suggestion"—Chicago, Ill.—Is a magazine of the new psychology for those who think. The November number contains articles on "Psychic Research," "Nature Cure," "Personal Magnetism," "Will Power," "Mental Science," "Hygiene, Health and Happiness." It has a large area of subjects, it will be seen, hence its opportunity in doing.

"The Review of Reviews"—New York.—Contains articles of a political, ethical, commercial, and philanthropic character. Its sketches of public men are well written.

"The Woman's Tribune"—Washington, D. C.—Edited and published by Clara Bewick Colby. It contains the latest report of women's work, and on this account holds a unique position among the clubs of the country.

PUBLISHERS' DEPARTMENT.

Physiology, Animal and Mental. Applied to the Preservation and Restoration of Health and Body and Power of Mind. 25 illustrations. By O. S. Fowler (unabridged edition.) Price, $1.00.

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Mr. Webb gave an account in Sweden of the writings and life of Combe, the greatest educationist of modern times, referring to Combe's visits to Buckingham Palace to advise on the right education of the royal family, and of his influence on Cobden and others. Of Combe's "Constitution of Man," (Price, $1.25—Fowler & Wells Co.) John Morley says: "That memorable book whose principles have now in some shape or other become the accepted commonplaces of all rational persons, was a startling revelation when it was first published (1828), showing men that their bodily systems are related to the rest of the universe, and are subject to general and inexorable conditions; that health of mind and character are connected with states of body; that the old ignorant and ascetical disregard of the body is hostile both to happiness and mental power; and that health is a true department of morality. We cannot wonder that zealous men were found to bequeath fortunes for the dissemination of that wholesome doctrine, that it was circulated by scores of thousands of copies, and that it was seen on shelves where there was nothing else save the Bible and "Pilgrim's Progress."

Such was the character of the early history of phrenology in this country.

Principles of Physiology. Applied to the Preservation of Health and to the Improvement of Physical and Mental Education. By Andrew Combe, M.D. To which are added Notes and Observations. Printed from the 7th Edinburgh edition. Price, $1.50.

Therapeutical Uses of Intestinal Lavage. By H. S. Drayton, M.D. Price, paper, 30 cents.

Popular Physiology. A Familiar Exposition of the Structures, Functions, and Relations of the Human System and their Applications to the Preservation of Health. By R. T. Trall, M.D. 223 pages, 191 illustrations. Price, cloth, $1.00.

The Hydropathic Encyclopedia. A System of Hydropathy and Hygiene. By R. T. Trall, M.D. Designed as a guide to families and students, and a text-book for physicians. Two volumes in one. 966 pages, 461 illustrations. Price, cloth $4.00.

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presented, those of practical utility are always put prominently forward. The theories and hypotheses upon which the popular drug practice is predicated are contraversed, and the why and wherefore of their fallacy clearly demonstrated.

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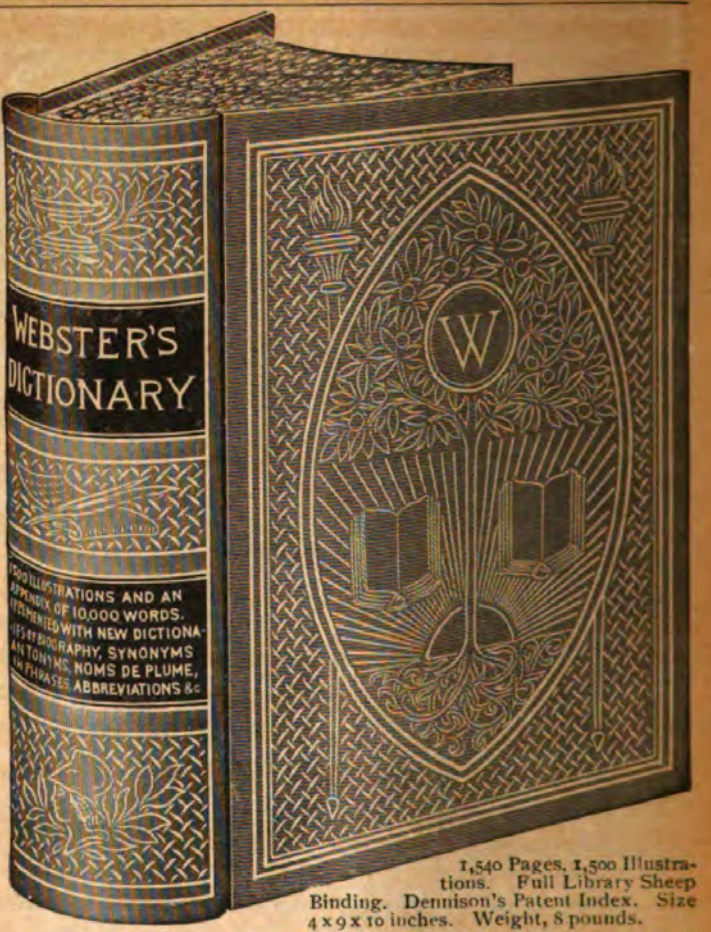
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